BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 24 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | Jan. 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

"ANY CITY or community can buy sanitation, and can therefore, buy health and life for its inhabitants".

"WHAT GREATER inducement can any community offer to prospective citizens or visitors than the highest degree of health and life security that money can buy?"

UNION LABEL

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
DR. L. B. MCBRAYER.
DR. F. J. CLEMENGER.
DR. E. B. GLENN.
DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman
C. W. BROWN.
F. STIKELEATHER.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 1526
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

THREE THOUSAND DOLLARS TO BE SPENT

Among the Farmers of Buncombe County in Improving Their Stock, Their Plants and Their Soil, While There is Nothing Being Spent to Care for the Health of Their Children.

The Board of Trade is trying to raise $1000 for farm demonstration work in Buncombe County. When this is secured they have the promise that two other donations of $1000 from outside the city.

When the Board of Trade secures the $1000, and they will, they will have $3000 to spend helping the farmers to improve their stock, wheat, corn, grass and other plants as well as the soil. This is all right and proper and we desire to congratulate the Board of Trade on the progressive spirit shown in this matter as well as in many others, and much more to congratulate the farmers of Buncombe County on the splendid results that will accrue to them from the expenditure of this $3000, but what about the farmer's children, does anybody care for them? Is there any money being spent teaching the farmer and his wife needed things in sanitation and regarding health conditions as concerns their children?

It is all good and well to raise thoroughbred stock, and it is well for the farmer to learn how to prevent his stock from having disease, but don't you think it is equally as important to raise thoroughbred children and to learn how to prevent the children from having disease?

While nothing as yet has been done in Buncombe County for the health of the children of the farmers, we are fain to believe the morning light is breaking, and we think that before the year is ended Buncombe County will be doing something for the betterment of health conditions among the farmers and the rural population.

President-elect Woodrow Wilson comes out strong for a national department of health. From his record as Governor of New Jersey we believe he usually gets what he goes after, and here's hoping he will not let up until he has a national department of health with a secretary in his cabinet.

The C. of C. quotes Herbert Spencer as follows: "The man who, expending his energies wholly on private affairs, refuses to take part in public affairs, pluming himself on his wisdom in minding his own business, is blind to the fact that his own business is made possible only by the prosperity of all."

RIGHT AGAIN MR. WILSON

"Woodrow Wilson says that the conservation of the minerals, waters, forests, etc., of America, is obviously the superficial part of the problem of conservation. The real thing that we have to conserve in America is the American people, their energy, their elasticity, their originative power, their capacity to hope, to achieve."

OLD FASHIONED MORALITY AND HEALTH

A clean mind in a clean body: the ideal is as old as the Stoics. But it is as modern as it is ancient, and to-day it is the essence of sanitation, of social morality, of eugenics. He who follows the prosaic directions of common old-fashioned morality is already far advanced in the science of health.

—Public Health Jour.

CEREBRO SPINAL MENINGITIS

We would call to the attention of the medical profession in Western North Carolina, that cerebro spinal meningitis has occurred in several towns in this State east of us, also in Tennessee and South Carolina. In one town not far from here 17 cases occurred with 17 deaths. The serum for the treatment of this disease may be had at Smith's Drug Store and perhaps other drug stores in the city. When used early this treatment is very efficacious.

TYPHOID FEVER

"Typhoid fever is 50% or more preventative, but it killed 25,000 people in the United States last year, and it costs many times what it would cost to prevent our having it."

Typhoid fever didn't kill any citizen of Asheville last year, and the Health Department saved the people of Asheville in 1912 over 1910 in the expense of typhoid fever alone, enough money to pay the annual interest charge on their entire bonded indebtedness. Saved the people many times more on typhoid alone than the budget for the Health Department provided. Is it worth while Mr, Citizen, Mr, Tax Payer?

FREE HEALTH

The survey of May 13th, 1911, contains an article by Frederick Almy, Secretary Buffalo Charity Organization Society, from which the following is quoted: "Free education was once considered radical, but it was followed by compulsory education and with compulsory education illiteracy became extinct among the native born. This free compulsory education was neither charity nor justice, though free schools began as charity. It was protection, for revenue only, for society saw that ignorance was costly and dangerous.

"Free health is now as radical, but it will come, and compulsory health will follow. No child is now allowed to be ignorant, whether its parents are willing or unwilling; but disease is both more contagious and more dangerous than ignorance. Conversely, health is more precious than knowledge, both to the individual and to the community.

"The tenement father who sees his boy go through the grammar school, and then die of tuberculosis, would rather have a live son than a wise one. The wages of unskilled labor in the tenements do not allow health, but education is given free. Which would any father choose for his child? Which should humanity or policy first give?

"Public health is quite as important to the community as public education, yea more so."

BUYING HEALTH

"Community health is purchasable."

It is a matter of brains and energy **backed up with dollars and authority.**

Proof?—The Panama Canal Zone, the most notable of modern examples.

In the Canal Zone within six years, under a vigorous sanitary administration, backed up with money and authority—

Yellow fever has been banished,

Malaria reduced 98 per cent.,

Dysentery reduced 90 per cent.,

Tuberculosis reduced 69 per cent.,

General death rate reduced 74 per cent.

Under the first nine years of French control—when the vast importance of sanitation was not recognized and the science of sanitation was not as fully developed as now—canal employes died at the frightful rate of about 241 in every thousand each year. Under American control and with sanitation the prime consideration, canal employes have died at the average rate of 11.4 per thousand in the last four years.

Had sanitation been as neglected or imperfect as during the first nine years of French canal building endeavor it is fair to assume that the same death-rate would have obtained during the period of American endeavor.

This would mean that the average army of 33,000 employed by the Americans would be entirely wiped out every four and one-half years—or 55,671 deaths in the last seven years. Actually, there have been less than 5,000 deaths.

Clearly, sanitation has made the building of the Panama Canal possible. **Without sanitation there would be no Panama Canal** and Col. Gorgas deserves more credit than anyone for the construction of the canal, and congress should recognize this. If they do not, they will not be true to themselves, or the American people.

DISSEMINATION OF KNOWLEDGE—AND OTHER THINGS

"A general diffusion of knowledge and intelligence being essential to the preservation of the rights and liberties of the people—," so runs the constitution of the State; therefore, we have public schools. The public schools is rightly considered the greatest formative influence in the lives of American citizens, but teachers and laymen alike have been sigularly blind to the fact that the school disseminates many things besides the knowledge scheduled in the curriculum. War and pestilence are associated throughout all history, because war offers the best opportunity for diseased persons from every quarter to come together in the closest living conditions with thousands of well persons. It is so with school . Thousands of children assemble annually in the close associations of the schoolhouse and yard. It is inevitable that a child with a communicable disease should have many opportunities to spread it among his mates. If we appreciated the value of good health as we appreciate the value of property, we would maintain in every school department a health inspection service similar in its efficiency to our fire departments. Like a fire department which has to its credit a long list of promptly-extinguished little fires, and is thus rated high in efficiency, so such a health inspection department would be rated high because of the promptness with which it discovered and "extinguished" a long list of single cases of communicable diseases.

NEGLECT OF HEALTH AND EDUCATION

North Carolina is a grand old State, her past has been heroic in peace and in war. But we must confess with

humiliation, that we have neglected our country children worse than any state in the union, save one or two. In the discharge of the sacred duty of protecting their health and the paramount duty of providing for their education, we stand among the lowest. We must explain this sin before we can longer claim our noble heritage.

Natural Conditions of Health.

The State has been blessed with all the natural conditions conducive to health and strength. Sufferers from far countries come here to recover from disease and to renew the vigor of youth in our salubrious air. But we have allowed disease and death to stalk abroad at noonday. Most of the serious diseases are preventable diseases. Formerly the work of the doctor was to heal the sick, now it is to preserve health. The beneficence of scientific medicine is to drive back disease and suffering. Men and women and children suffer and die from causes that could be removed. They are deaf and dumb and feeble-minded, and are stricken with blindness and insanity, condemned to lives of darkness and hopelessness, not by the inscrutable decrees of Providence, but by the failure of society to protect them against the enemy more cruel than death. The courage and energy of a conquering race must spring from robust health.

Protection of Health.

We must provide for the accurate record of births and deaths and the causes of disease in every community. We can thus ascertain with accuracy the sanitary conditions in each community and intelligently work for the prevention of disease and for the promotion of health.

Well Paid Health Officer..

Each county and each city should have an intelligent, efficient, well paid health officer. We can then appeal to our citizenship through the press, the school house and the pulpit and encourage them to purer and more healthful home conditions, to the inestimable blessings of all the people.

Gov. Locke Craig in his inaugural address.

WHY THE BOARD OF HEALTH INDORSES HEALTH INSPECTION IN THE SCHOOLS

The Board of Health is engaged in the business of preventing disease. Health inspection, with adequate "follow-up" system of application, constitutes the far-reaching method of preventing disease that has been devised. About seventy-five per cent of families are represented by children attending our schools. It is evident that a thorough system of daily inspection by teachers, medical examiners, and school nurses would make possible a sympathetic intelligent cooperation among parents, school officers, and health officials. This is not a question of interferring with the individual rights or liberties of children or families. If the State has a right to say that parents must send their children to school, the State has the duty to see that these children are not exposed to disease or to other conditions dangerous to their health. When the parent surrenders his child at the door of the schoolhouse, he should have reasonable assurance that he will not have doctor's bills or funeral expenses to pay as a result of conditions which the school and health authorities of the State can prevent.

The years of childhood below fifteen are especially the years when health inspection should be maintained. The different habits of association after the age of fifteen and the demands for good health in commerce and factories largely tend to reduce the spread of those diseases which are of peculiar danger to children.

The school health inspection movement is a sane, farsighted business proposition which should receive the support of every citizen of the State.

COST OF DESTROYING LIFE

There is always something fascinating about striking statistics when they appear to present truth in a more tangible and concrete form than do the glittering generalities of an argument. In a recent issue we quoted from a magazine distributed by the Equitable Life Assurance Society to its policy-holders. The conservation commissioner of the society, Mr. E. E. Rittenhouse, is authority for the statement that the sum of $1,500,000,000 is a low estimate of the annual economic loss from preventable deaths. The experience of Colonel Gorgas and his sanitary corps in the Panama Canal Zone is, as we have said, a convincing demonstration that good health is a purchasable commodity and that sickness can be insured against and prevented if the public is willing to pay enough for safeguards. The cost of accomplishing the wonderful saving of lives on the Isthmus is estimated at about $2.43 per person annually.

In contrast with such figures, which compare favorably with familiar per capita expenditures for fire and police protection and the conservation of material property, are the data relating to the cost of the actual destruction of mankind. According to President Jordan of Standford University it now costs on the average about $15,000 to kill a man in modern war, and in the Boer War this expense ran up to nearly $40,000. When it is recalled that in a time of peace we spend nearly a million dollars a day in our own country on matters concerned with past or future wars, it is comforting to believe that the saving of human life is far cheaper than its destruction.

We have no desire to discuss the merits of the proposals for universal peace or to become partisans in a propaganda which lies outside the sphere of medical journalism. There is merit, however, in the suggestion that nations can afford to do their duty in preparing against a foe like the plague diphtheria, typhoid, yellow fever, malaria, etc., the danger of which is always present and more ominous than war, quite as well as they can raise funds for defense against unlikely or avoidable human combats. —Journal A. M. A.

MILK SHOULD BE PAID FOR ACCORDING TO CLEANLINESS AS WELL AS RICHNESS OF CREAM

Cleanliness has a market value. This is particularly true where cleanliness contributes to the quality of the food product. It has always been recognized that cleanliness should have important place in the production of milk, but strange to say, until recently the number of quarts of milk and its chemical composition were the only thing on which prices have been set. No price was set on cleanliness. The result of clean methods are the banishment of dirt and the banishment of bacteria from milk. As soon as the certified milk movement began, prices immediately jumped for certified milk from 8 cents per quart to 12 cents, then to 15 cents and now to 20 cents per quart. The chief reason for this was the standard for bacteria which was set at 10,000 per c. c. by the Certified Milk Commission. In certified milk we have only one standard for cleanliness and one price. There are no degrees of excellence provided for and no prices corresponding to the same. When one contemplates the other 99 per cent of the milk supply which is uncertified, it is obvious that it's elevation as whole

to such excellence is impossible, but it is not unreasonable to expect that different degrees of cleanliness can be secured and that prices can be paid which correspond to the same.

"The sliding scale of prices for butter fat is already very familiar to the dealers in milk and to the rank and file of milk producers. The demand for sanitary excellence has now become so great that one can expect soon to see sliding scales of payment established which corresponds to the number of bacteria which milk may contain. In this way the producer will receive a just compensation for the care which he takes in sanitary matters. The unclean producer will receive a lower price for his milk than the producer who is careful and cleanly in his methods.

"It is the use of such a sliding scale of payment based on the numbers of bacteria present which is chiefly responsible for the success of the dairy farmers at Homer, N. Y., from whom the milk supply is obtained for the fifty-five milk depots which have been operated for the feeding of infants during the past summer in Greater New York. Payment based on quality, including in the word quality both butter fat and bacteria, is commercially sound, and is a sure means of obtaining from the producer different qualities of milk as desired. It seems strange that so much time should have elapsed in milk agitation and so many prescriptions should have been written for securing clean milk, when after all, the same rule which applies in all other business transactions is the only rule which will apply here, namely, that quality and price walk hand in hand, and that excellent sanitary quality and chemical quality can both be secured provided the price is adjusted in accordance with the same."

From North's Milk Bulletin.

We earnestly commend this article to the thoughtful consideration of the milk users of Asheville. While all the milk furnished to the city of Asheville is good milk, still some of the milk furnished is much cleaner than other milk, and it is reasonable and right that those who furnish the cleanest milk should receive the highest price. Some of them are getting it and all of them should have it. Mr. Consumer, had you rather pay 8 cents per quart for the dirtiest milk brough to the city of Asheville or 8½ or 9 cents for the cleanest milk, or had you rather feed to your baby the dirtiest milk brought to the city or the cleanest?

Consult the bacterial count of the various dairies published in this bulletin. The lower the count the cleaner and better the milk.

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"As a nation we have not valued health as a personal or a national asset. We have been too busy tunnelling mountains, conquering space, boring for wealth, erecting sky-scrapers, piling up vast fortunes, to count the cost in terms of human vitality.

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"The thoughts of men are widened with the processes of the suns", not alone in commercial activities, but, if more slowly, quite as surely, in ethical and spiritual lines of human advancement.

And what has come to us infinitely more marvelous, infinitely more beautiful, infiinitely more useful, the conception of Pasteur, that "it is within the power of man to cause all germ diseases to disappear from the earth?"

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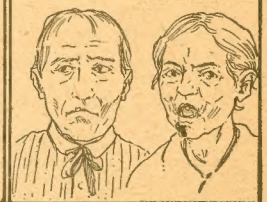
Taking the public into full partnership in the public health enterprise offers tremendous opportunity to the strong man in the health office. The other kind will do well to lie low and attract as little attention to himself and his work as possible."

TEETH

BABY'S FIRST TOOTH



PRESERVE YOUR TEETH TO HELP PRESERVE YOUR HEALTH

Without good teeth there cannot be proper chewing.

Without proper chewing there cannot be proper digestion.

Without proper digestion there cannot be proper nourishment.

Without proper nourishment there cannot be good health.

WITHOUT HEALTH, WHAT IS LIFE?

Decaying teeth make the mouth *foul*—make you repulsive to your neighbors.

TEETH KEPT CLEAN WILL NOT DECAY

Ninety-five percent of school children have defective teeth.

A DECAYING TOOTH IS AN INCUBATOR FOR GERMS.

Chicago Health Department - Educational Poster No 123.

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ASHEVILLE, N. C.

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ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

"IS THERE any "right" more important than ***the right to live?***"

"OF WHAT value is an education if one is too sick or too dead to use it?"

Not that we love CAESAR less, but our children more.

Health Department City of Asheville

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POPULATION { White - 15,000 / Colored 5,000 } **20,000**

OUR DEATH RECORD FOR 1912

Total Deaths (Exclusive of Stillbirths) 414

The 414 deaths will give us a death rate, based on a population of 20,000, of 20.7; 181 of these were not citizens of Asheville, and so far as the death rate of our own people is concerned it could not be counted. Subtracting the 181 would leave 233, giving a death rate of 11.6. The death rate for the white being 7.1 and for the colored 25. The average death rate for the registeration area for North Carolina for 1912 was 17.3, being a reduction of 1 over 1911.

The total number of deaths from the following diseases would probably be of interest:

Deaths from Typhoid Fever..... 0
Deaths from Scarlet Fever..... 0
Deaths from Diptheria..... 3
Deaths from Measles..... 4
Deaths from Whooping Cough... 3
Deaths from Pneumonia.....41
White 16 and colored 25.
Deaths among bona fide citizens from pulmonary tuberculosis... 2
White 1 and colored 1.
Deaths from diarrhaeal diseases under 2 years.....19
Deaths from diarrhaeal diseases under 5 years 26
White 17 and colored 9.
Total deaths under 1 year.....39
White 23 and colored 16.
Total deaths under 2 years.....58
White 34 and colored 24.
Deaths between 50 and 60.....33
White 30 and colored 3.
Deaths between 60 and 70.....26
White 18 and colored 8.
Deaths between 70 and 80.....15
White 11 and colored 4.
Deaths above 80.....13
White 10 and colored 3.

PNEUMONIA

During 1912 we had too maney deaths from this diease—41.

Of the 41 deaths from pneumona the following deaths in certain ages perhaps might be of interest:

Deaths under 5 years.....13
Deaths from 5 to 10 years 3
Deaths from 10 to 20 years 5
Deaths from 20 to 30 years 3
Deaths from 30 to 40 years 2
Deaths from 40 to 50 years 5
Deaths from 50 to 60 years 3
Deaths from 60 to 70 years 8

Pneumonia is a foul air disease and hence we have greater part of our pneumonia in cool and cold weather, no deaths occuring in the month of August. Again, the colored population suffered much more severly from pneumonia than the white. With a population of 5,000 they had 25 deaths, while the whites with a population of 15,000 had 16 deaths. At the same rate they would have had 75 deaths from pop-

ulation of 15,000 while the whites only had 16—the blacks showing 500 per cent more deaths than the whites. Pneumonia a foul air disease—blacks crowd into one or two rooms with windows and doors closed and 500 per cent more of them die from pneumonia than do the whites. The housing problem in Asheville would make a fruitful field of endeaver for our Civic Betterment League.

TWO DEATHS FROM PULMONARY TUBERCULOSIS

We took great pleasure in recording at the close of the year 1911 that we had only had 4 deaths among the citizens of Asheville from Pulmonary tuberculosis during that year. it is with greater pleasure that we record for the year 1912 that there were only 2 deaths among the citizens of Asheville, one white and one colored.

Our city, with a population of 20.000, according to the average death rate for tuberculosis is due to have 32 deaths annually, and we are therefore 30 to the good.

For the average population of 15,000 we would be due to have 24 deaths while we only had 1. The 23 white people that are alive in Asheville today who would have died in the average town in the United States are to be congratulated and are no doubt duly thankful.

We may be pardoned if the Health Department takes a considerable portion of the credit for the fact that those 23 people have not cashed in their life insurance during the year 1912. We have been doing our best, but with the improved law to go into effect June 1st we hope to do even better if possible.

NO DEATHS FROM TYPHOID FEVER IN ASHEVILLE IN 1912

It is a great pleasure for us to state that death from typhoid fever is represented by the minus sign in Asheville for the last twelve months. We did not have a single death from typhoid fever during the year 1912.

The number of people sick with typhoid fever in Asheville is also worthy of mention. We had only fifteen cases to develop in Asheville during the year 1912. Ten of these were people whose homes were here, but who were in business away from here, and were taken sick and came home on that account, being reported ill with typhoid fever within ten days after their return to the city. These cases are spoken of as "imported." The other five cases developed in the city and we were unable to trace the cause.

The average death rate for typhoid throughout the United States for 1910 was 23.5 per 100,000, at which rate we would be due to have about 5 deaths, or to be accurate 4.7 deaths.

However, typhoid fever is more prevalent in Southern cities and the death rate is much higher. The average death rate for North Carolina cities in 1900 was 57.7, at which rate we would be due to have 11.5 deaths from typhoid, more than twice as many as we had cases develop in 1912. For 1910 the death rate in North Carolina cities had been reduced 2.2, the death rate being 55.5, at which rate we would be due to have 11.1 deaths from typhoid which is still 200 per cent more, (not than our deaths for we had none in 1912) but 200 per cent more deaths from typhoid in 1910 than we had cases develop in Asheville last year. The average death rate for typhoid in North Carolina cities seems to be about the average for Southern cities.

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Good air makes rich blood, bad air poor blood.

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Some people take stimulants to force an already tired heart to do what their lazy muscles ought to do.

GUILTY, AND GLAD OF IT.

In a discussion a short time since as to the cause of the reduced number of meidcal cases, i. e. typhoid, etc., treated in a certain Hospital of late, the reason given was the comparative absence of these diseases in Asheville due as was stated to the activity of our Health Department. We plead "guilty" to the soft impeachment and wish we had done more.

If our people will co-operate with the Health Department, as they ought to and as we hope they will, expenditures for the care of the sick from preventable diseases in Asheville will continue to be reudced. In this connection it might not be improper to say that our Health Department saved the people of Asheville on typhoid fever alone in 1912 over 1910, sufficient to pay the annual interest charge on the entire bonded indebtedness of the city.

* * *

Dr. R. W. Carrington, Surgeon U. S. Public Health Service, after investi gating 101 cases of typhoid in a city in another State, in making recommendations to the City Council, among other things presented the following:

"Establish a modern Health Department, paying the Health Officer sufficient compensation to enable him to give his entire time to the duties of the department.

Wrapped Bread

The State Board of Health of New Hampshire made a ruling that all bread offered for sale should be wrapped in clean paper before it was removed from the bakery. One of the bakeries refused to obey the order and was convicted in police court and fined. The decision of the police court was upheld, by the Supreme Court, all members concurring.

Every bakery in the city of Asheville is willing to furnish wrapped bread, but the people of Asheville do not seem to care for it. They seem to prefer that their bread be handled like kindling wood. Strange isn't it?

Wrapping bread and milk served in individual bottles at the restaurants are in the same class. These things must come. They will come. They shall come.

PARK AVENUE SCHOOL.

We do not desire to make comparisons with other schools for we hope that every school in Asheville is as good as the Park Avenue School, but there are some things in this school worthy of special note.

The average attendance in this school for the past five months has been 98½ per cent. For this length of time we consider this average attendance most remarkable. When a child is absent the teacher goes or sends to see what is the trouble. The teacher confers with the parents and trys to make them understand the interest they are taking in their children's welfare and they succeed largely.

Matters of public health are discussed frequently with the children and with the parents. One child was requested to write an essay on "Why the Health Department Desires all School Children to be Vaccinated." When the physician goes to this school to vaccinate the children it is a pleasure to note the unaminity, promptness and good cheer with which the children present themselves to be vaccinated.

NEEDED IN ASHEVILLE

A Society for the Prevention of cruelty to Children

There is a child attending the public schools in Asheville whose vision is so poor that he cannot see to read a line. He can scarcely see his fellow students or his teacher. The teacher and principal of the school have had personal interviews with the father of this child, telling him of the condition and pleading with him to

send the child to a physician in the city who will take proper measures to restore his eyesight. The father will not do this, and insists that all his child needs is to be whipped and made to study.

It would seem that our civilization has reached a point when it would not stand for such things. Our S. P. C. A. has done a splended work in the concrete, and more splended work still in the molding of public sentiment toward the lower animals. They would not for a moment allow a man to beat a blind horse in order to make him walk through a stone wall, nor would they for a moment excuse him for such an act upon the plea that all the horse needed was to be whipped, but he would promptly be fined and if necessary imprisoned, and yet the man mentioned above is allowed to pursue that course in regard to his child who can scarcely see.

Time is not far distant when the law will compel such fathers to have their children properly cared for. In the meantime this child will grow up in ignorance and perhaps become totally blind, and when kicked out of the door by the father, as he no doubt will be in the course of six or eight years, will become a public charge upon our community. How long, oh how long shall such things continue to be?

WHAT IS THE CITY OF ASHEVILLE?

Is it her paved streets, her water system, her sewer system, her electric lights, her street car system, her sidewalks, her public buildings, her public schools, her churches, her magnificent hotels, her unexcelled climate, her city government, her business houses, her financial institutions, her Board of Trade? No! None of these compose the city of Asheville, nor do all of them. Asheville is composed of the people, the men, women and children who reside here either transiently or permanently.

Our streets might be paved with gold, when we turn the water faucet instead of the pure sparkling water we might find flowing therefrom milk and honey, our city government might be the best, whether commission or some other form, and all the other things mentioned above might be nearing perfection in the same way, and without the people the city of Asheville would not exist for one moment. It is well then that a reasonable amount of money and much time and thought should be given to preserve the lives and health of the men, women and children who compose Asheville. This is the specific duty of our Health Department.

STATE OF MIND

Mr. W. W. Finley, President of the Southern Railway Company, delivered a splendid address recently from the above named subject. He developed it strongly with reference to the state of mind of the transportation company towards the people and of the people towards the transportation company. It is evident to everyone that the people are beginning to understand the transportation companies very much better than heretofore, and transportation companies the people and, as in every other problem, the better we understand each other the less bickering and strife, the more harmony and co-operation for better things.

The same is true of health work, and we are greatly pleased to say that the "State of Mind" of the people of Asheville as regards public health and hygiene is greatly improved in comparison with a few years ago. That is to say, the people of Asheville understand what health and hygiene mean, they have a better understanding of the effect and aim of health work, and, as mentioned in connection with the transportation companies, they co-

operate more kindly and more intelligently and with less friction than was heretofore the case.

So far as the Health Department of Asheville is concerned it is working for the betterment of the people of Asheville and all who come within our borders. The more we have the co-operation of our people the more effective work we can do. The more the people understand our work the more they will co-operate with us. It is one of the chief purposes of this bulletin to disseminate this information, this good feeling, and thereby bring about the desired co-operation. It is one of the great desires of our Health Department to take every citizen of Asheville into our confidence and let him see the value of the work we are doing—for his benefit.

* * *

The following kind words are from Dr. J. P. Munroe, President of the Medical Society of the State of North Carolina, and the same are duly appreciated.

Charlotte, N. C. 1-30-13.

"Dr. L. B. McBrayer
Asheville, N. C.

Dear Doctor:—

I thank you very much for sending me the December issue of your Bulletin. You certainly are getting out an up-to-date progressive little sheet and I wish you very much success. I certainly find a great deal in your publication to inspire one to do better and greater things in sanitation.

Very cordially yours,
J. P. MUNROE."

STATE OF NORTH CAROLINA VS. GOODLAKE

In the above named case, tried in our Superior Court last week the guilt or innocence of Goodlake depended on whether or not the girl was fourteen years old. It was admitted that she was over thirteen years of age, but it was claimed that she was not quite fourteen. But how are they to prove it in Asheville or in North Carolina? Well, the Court went about it in this way: (1) They had the old family Bible brought in and read therefrom the record of the child's birth. (2) They had the monthly report cards of her school teacher brought in, and the teacher who happened to be alive and in Asheville was brought into court to testify to her signature. (3) They brought the old "Black Mammy" who nursed the mother when the girl was born to testify as to the age of the girl.

Let's see about these (1) The record in the family Bible was the best evidence, but it is apparent that it is liable to gross error. The writer has personal knowledge that many times these entries are not made at birth, but weeks and months and years later, when in such cases the treacherous memory must be relied upon for making correct entry. (2) The school report could be nothing more than corroborative evidence. The child giving her own age to the teacher upon entering school. (3) We would not consider the testimony of the "Black Mammy" after thirteen years worth any thing. Notwithstanding, the jury said the girl was fourteen years old and rendered a verdict of "guilty" and the judge sentenced Goodlake to eight years in the State Penitentary.

Now! if North Carolina or if Asheville had been recording the births of her children, as Asheville is doing now, it would have been so easy to prove the exact age of the child to a day by the records, and there could have been no doubt whatever as to the matter. Better far to spend the money that it will cost North Carolina to make a complete and perfect record of vital statistics for 100 years, than that one of her citizens should suffer a great wrong at the hands of the law. Father, mother, members of the legislature we trust that such a thing as this may never come to your child, but there are many other

things of almost as great importance that may depend upon the ability of your child to prove its exact age.

Don't you think you owe it to your child to have its birth registered?

* * *

The North Carolina Conference for Social Service which held its first session in Raleigh February 11th and 12th was largely attended and gives promise of the accomplishment of great good for the improvement of social, civic and economic conditions in our State.

The Biblical Recorder has this to say:

"We regard this Conference one of the most significant meetings ever held in North Carolina. It is too much to hope that no crank will appear and have his discordant say, but this meeting was a finger-board pointing in the right direction. It means that some of the alertest minds in the Commonwealth are going to study intelligently its social conditions; that many of our best citizens are going to project their personal influence and enlist others in the work of social betterment; that public opinion will be aroused and directed to neglected but needed reforms; and that the necessary legislation may from time to time be secured. These workers are the heralds of a better day."

THREE THOUSAND DOLLARS TO BE SPENT AMONG THE FARMERS OF BUNCOMBE COUNTY IN IMPROVING THEIR STOCK, THEIR PLANTS AND THEIR SOIL, WHILE THERE IS NOTHING BEING SPENT TO CARE FOR THE HEALTH OF THEIR CHILDREN.

The Board of Trade is trying to raise $1000 for farm demonstration work in Buncombe County. When this is secured they have the promise of two other donations of $1000 from outside the city.

When the Board of Trade secures the $1000, and they will, they will have $3000 to spend helping the farmers to improve their stock, wheat, corn, grass and other plants as well as the soil. This is all right and proper, and we desire to congratulate the Board of Trade on the progressive spirit shown in this matter as well as in many others, and much more to congratulate the farmers of Buncombe County on the splendid results that will accure to them from the expenditure of this $3000, but what about the farmer's children, does anybody care for them? Is there any money being spent teaching the farmer and his wife needed things in sanitation and regarding health conditions as concerns their children?

It is all good and well to raise thoroughbred stock, and it is well for the farmer to learn how to prevent his stock from having disease, but don't you think it is equally as important to raise thoroughbred children and to learn how to prevent the children from having disease?

While nothing as yet has been done in Buncombe County for the health of the children of the farmers we are fain to believe the morning light is breaking, and we think that before the year is ended Buncombe County will be doing something for the betterment of health conditions among the farmers and the rural population.

* * *

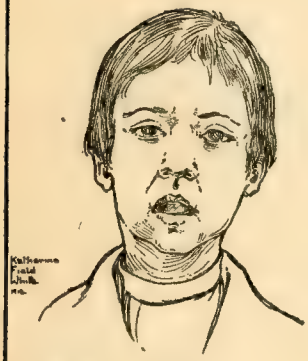
President-elect Woodrow Wilson comes out strong for a national department of health. From his record as Governor of New Jersey we believe he usually gets what he goes after, and here's hoping he will not let up until he has a national department of health with the secretary in his cabinet.

Don't leave a diphtheria house until the **Health Department** says it's safe to do so

Light, ventilation and cleanliness are hygienic factors needed in all occupations.

Ninety per cent of children examined in Montford School had enlarged tonsils or adenoids and most of these had both. Parents, you owe it to your children to prevent them from being thus handicapped. Consult your physician about it. Those of you who are not able to pay take your child to the Dispensary of the Associated Charities any afternoon between two and four o'clock.

ADENOIDS



Location of Adenoids in posterior nasal passage, & typical expression of victim.

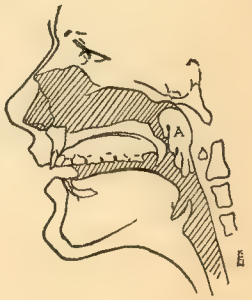
Adenoids cause mouth breathing, frequent colds, catarrh, deafness and deformity of the jaw & chest.

They induce stupidity & stunt mental & physical growth.

DON'T LET YOUR CHILD BE SO HANDICAPPED.

The removal of adenoids is a simple and brief operation.

GIVE YOUR CHILD A CHANCE to BREATHE.



Cross section of head showing Adenoids. (A)

Chicago Health Department - Educational Poster Series No. 150

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 26 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | March 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

"SAVE the Boy Crop to make the Corn Crop."
—W. W. Finley, Pres. Sou. Ry.

"HEALTH is the soul that animates all enjoyments of life, which fail and are tasteless if not dead, without it."
—Sir W. Temple.

"HEALTH is so necessary to all the duties and pleasures of life that the crime of squandering it is equal to the folly."
—Dr. Johnson.

There is much being said about the ***high cost of living.*** It would be well to stop for a moment and consider the ***high cost of dying.***

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER.
DR. F. J. CLEMENGER.
DR. E. B. GLENN.
DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
C. W. BROWN.
F. STIKELEATHER.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION White - 15,000 Colored 5,000 **20,000**

THE 1913 LEGISLATURE AND PUBLIC HEALTH

While the legislature just closed has received a great many severe criticisms on account of what they have not done, this dosn't hold in regard to the consideration they gave public health. Some very important steps forward, of a State wide nature, have been taken in regard to safe-guarding the health of the people.

Vital Statistics Law

Perhaps the most important piece of health legislation was the passage of a State wide Vital Statistics law requiring the registration of births and deaths. This bill carried an appropriation of ten thousand dollars to secure its enforcement, and to take care of the necessary clerical work connected therewith.

It is but fair to say that the same "stand patters" who have emasculated the compulsory school attendance law and killed the re-assessment law and various other progressive measures that were presented to the legislature, tried to emasculate this bill also, but they were in the hopeless minority in this instance.

Increased Appropriation for Public Health Work

The legislature increased the appropriation for public health work in North Carolina $8500.00. If they had done their whole duty they would have doubled this amount. However the $8500.00 increase will help us to go on with the work already in hand, and, perhaps, forward a little.

State Sanitorium For Tuberculosis

They made an appropriation for the maintenance of a few charity patients at the State Sanitarium for Tuberculosis (just how many we are not advised at this time). This is a very important step forward. It is a disgrace to the State of North Carolina and every citizen of our State that there is no place within the State where a person **with** tuberculosis and **without** money can be cared for. While this is a step in the right direction it is to be hoped that it is only an earnest of what we may have in the near future.

We were greatly pained a few days ago when a lady in this town sent her cook to us to find out whether or not she was in good health. The cook turned out to be a pleasant looking young lady of about nineteen or twenty, and it also turned out that she had tuberculosis. It also happened that the young lady was an orphan without a home as well as without living parents. The lady did not want her cooking for her, and the probabilities are that no other housewife would care to keep her in her home. I would like for some one to tell me where the young lady is to go?

County Health Work

They passed a law allowing County Boards of Education to pay part of the whole time Health Officer's salary when the said Health Officer devotes part of his time to work in connection with the schools. This should enable a great many counties to have whole time Health Officers. One of the greatest needs of the State in her public health work at this time is, perhaps, whole time County Health Officers. We are expecting Buncombe County to enroll her name with the progressive counties and have a whole time Health Officer in the near future.

A High School Education Preliminary to the Study of Medicine

They passed a law requiring a high high school education before entering upon the study of medicine, or rather requiring those who desire to practice medicine in North Carolina to have an academic education equal to the entrance requirements of our State University before they will be allowed to enter the examination before the State Board of Medical Examiners for a license to practice medicine in North Carolina. This is not to apply to the citizens of this State who have already begun the study of medicine until after the year 1916.

So far as the public health work is concerned, we desire to say to the 1913 legislature of North Carolina "Well done good and faitful servants." If the legislature had done nothing else during the entire session, their work would have been a grand success.

THE AVERAGE BACTERIAL MILK COUNT FOR RETAIL DAIRIES

February, 1913

Biltmore	10,000
Violet	17,000
Anandale	19,000
Horst Farm	21,000
Sunset	30,000
Lauurel Springs	33,000
Melrose	35,000
Woodfin Farm	36,000
Fenner Farm	36,000
Oak Grove	38,000
Park Farm	38,000
Beaverdam	39,000
Maple Leaf	50,000
Dryman's Mountain	51,000
Carolina Creamery	60,000
Oak Springs	80,000
Swannanoa	87,000
Middlebrook	88,000
Sevier	91,000
Morris	108,000
Reed Farm	119,000

AVERAGE BACTERIAL MILK COUNT FOR WHOLESALE DAIRIES

February, 1913

Weaver	37,000
Rex Brown	37,000
Calloway	46,000
Nettles	47,000
Carter Brothers	51,000
Scaraborough	56,000
Griffin	60,000
J. V. Baird	65,000
W. A. Baird	70,000
Dillingham	78,000
Dockery	82,000
Swain	85,000
C. C. Greenwood	103,000
Elmer Carter	106,000

The fly is a gentleman in one respect —he takes a bath frequently.

As wood in a stove without the draughts open, so is food in a child without fresh air.

There is no monopoly on fresh air and sunshine. Its out-put is not controlled by any trust. There is no protective tariff on it. Do you get yours every day?

The Head of Our Nation and of Our State are Alive to the Value and Need of Public Health

PRESIDENT WILSON IN HIS INAUGURAL ADDRESS SAID:

"Nor have we studied and perfected the means by which government may be put at the service of humanity, in safeguarding the health of the nation, the health of its men and its women and its children, as well as their rights in the struggle for existence. This is no sentimental duty. The firm basis of government is justice, not pity. These are matters of justice. There can be no equality or opportunity, the first essential of justice in the body politic, if men and women and children be not shielded in their lives, their vitality, from the consequences of great industrial and social processes which they cannot alter, control, or singly cope with. Society must see to it that it does not itself crush or weaken or damage its own constituent parts. First duty of law is to keep sound the society it serves. Sanitary laws, pure food laws, and laws determining conditions of labor which individuals are powerless to determine for themselves are intimate parts of the very business of justice and legal efficiency."

GOVERNOR CRAIG IN HIS INAUGURAL ADDRESS SAID:

"North Carolina is a grand old State, her past has been heroic in peace and in war. But we must confess with humiliation, that we have neglected our country children worse than any state in the union, save one or two. In the discharge of the sacred duty of protecting their health and the paramount duty of providing for their education, we stand among the lowest. We must explain this sin before we can longer claim our noble heritage.

Natural Conditions of Health

"The State has been blessed with all the natural conditions conducive to health and strength. Sufferers from far countries come here to recover from disease and to renew the vigor of youth in our salubrious air. But we have allowed disease and death to stalk abroad at noonday. Most of the serious diseases are preventable diseases. Formerly the work of the doctor was to heal the sick, now it is to preserve health. The beneficence of scientific medicine is to drive back disease and suffering. Men and women and children suffer and die from causes that could be removed. They are deaf and dumb and feeble-minded, and are stricken with blindness and insanity, condemned to lives of darkness and hopelessness, not by the inscrutable decree of Providence, but by the failure of society to protect them against an enemy more cruel than death. The courage and energy of a conquering race must spring from robust health.

Protection of Health.

"We must provide for the accurate record of births and deaths and the causes of disease in every community. We can thus ascertain with accuracy the sanitary conditions in each community and intelligently work for the prevention of disease and for the promotion of health.

Well Paid Health Officer.

"Each county and each city should have an intelligent efficient, well paid health officer. We can then appeal to our citizenship through the press, the school house and the pulpit and encourage them to purer and more healthful home conditions, to the inestimable blessings of all people."

THE HOUSE-FLY AND BACTERIA.

"In response to the general demand for more definite knowledge on this subject, Doctor Cox, Lewis and Glynn, working in the Thompson-Yates Laboratories in Liverpool, have made a very thorough comparative study of "the number and varieties of bacteria carried by the common house-fly in sanitary and unsanitary city areas." Their study is reported in the October number of the Journal of Hygiene. Descriptions of the areas investigated are given, together with the methods of catching the flies, of estimating the number of bacteria carried, etc. It is possible here to indicate only the most important conclusions reached in the summary of the work.

1. Over 450 naturally infected flies (musca domestica), were examined, and it was found that the amount of pollution of a liquid resulting from the fllies' vomitus or excrement or from their wallowing in the liquid varied from 2000 bacteria in 5 minutes, to 350, ooo in 30 minutes.

2. Flies from sanitary areas carried from 21,000 to 800,000 bacteria while from the congested, unsanitary districts the number were from 800,000 to 500,-000,000 per fly.

3. The number of intestinal organisms on flies from the two types of districts held the same relationship, sanitary areas showing 100-10,000, unsanitary areas 10,000-333,000,000 per fly.

4. Pathogenic bacteria and those allied to the food poisioning groups were isolated from flies from the unsanitary areas, never from the sanitary areas.

5. Other organisms isolated were streptococci, staphylococcci, sarcinae, B. pyocyaneus, B. coli, etc.

6. Flies caught in milk stores were more highly contaminated than those from other food establishments.

6. If food is abundant flies migrate only very short distances, so that the number and degree of contamination often may be taken as criteria of the sanitation of the area.

8. Organisms identical to Morgan's infantile diarrhoea group were isolated. In districts where infantile diarrhoea is rare flies carry fewer bacteria than in sections where the intestinal disturbance is common.

9. "As the amount of dirt carried by flies in any particular locality, measured in terms of bacteria, bears a definite relation to the habits of the people and the state of the streets, it demonstrates the necessity of efficient municipal and domestic cleanliness, if the food of the inhabitants is to escape pollution, not only with harmless but also with occasional pathogenic bacteria."

The American Journal of Public Health.

THE VALUE OF A CHILD

"If a father comes home from business to find one of his children seriously ill, he does not treat the matter as he would a business question. That child's illness is a bigger and more important matter to him than any mere question of dollars and cents. There is only one thing that he regards as of more consequence than the health of the members of his family, and that is their character and reputation. When illness enters his household, he needs no further argument to persuade him that human life is more valuable than property.

"And yet if Americans were judged by the Government they have made for themselves, they would appear to place a higher value upon property than upon human life. The Federal Government is very well equipped on the whole, to help farmers protect the health and lives of cattle; but it is very badly equipped to enable the American people to defend their own health and their own lives."

COMPULSORY SANITATION

"The government of the United States has made it plain to the government of Ecuador that it must clean up the pest-hole of Guayaquil, and that it must do so in accordance with plans approved by Col. Gorgas of the United States army medical corps, who, with a staff of experts, has already gone there to study the situation.

"Readers will ask what right this government has to interfere thus arbitrarily with the domestic affairs of another nation, and what power it has to compel Ecuador to submit.

"The right springs from the duty the United States owes to the rest of the world. Guayaquil is the nearest South American port from which foreign ships will clear for the Panama Canal, and is a port of call for much of the shipping of the southern Pacific. The city which has eighty thousand inhabitants, is built on the low banks of the broad eustary of the Guayas River. All about it is stagnant water that breeds mosquitoes. It has no sewer system and no adequate water-supply. Yellow fever and typhoid are always prevalent there, and bubonic plague appears at frequent intervals. When Mr. Root, then our Secretary of State, made his tour of South America, he refused to visit Guayaquil because of the danger to the health of his party, and, for the same reason, Mr. Bryce, the British ambassadore- on his recent trip along the west coast of South America, would not land there.

"When the Panama Canal is opened, ships from different parts of the world will call at Guayaquil, and in addition to their cargoes, will take on plague-infested rats and the germs of yellow fever and typhoid, and carry them through the canal to the rest of the world. The probility that the canal will increase the business of Guayaquil, and therefore the risk of spreading its diseases, has made the cleaning up of the place imperative.

"The power of the United States to compel Ecuador to submit grows out of its right to control the shipping that passes through the canal. If Ecuador permits Guayaquil to remain a pest-hole, we can close the canal to all ships that call there. The result of that course would be that foreign vessels would avoid the city, in which case even its present small trade would die.

"The army medical corps has banished yellow fever from Cuba and from the Canal Zone of the isthmus, and has freed Manila from plague, cholera, small pox and other Oriental diseases. It is quite as capable of cleaning up the port of Guayaquil."

"The Youth's Companion, January 16, 1913."

The American Journal of Public Health.

MENTAL HYGIENE IN PREVENTIVE MEDICINE

"Under this title the New York Medical Journal for December 28, 1912, discusses the work of the different organizations interested in the prevention of insanity and mental defectiveness. It points out that while immigration is one of the causes of the alarming increase of mental unsoundness in this country, it is not the only factor. The editoral discusses the work of the National Committee for Mental Hygiene and states that the aim of the organization is 'to conserve mental health in every possible way; to promote the studies of mental disorders and to popularize the knowledge of their causes, treatment, and prevention; and to promote the organization in each State of a society for mental hygiene, similar to the one now existing in Connecticut. The National Committee for Mental Hygiene in short, aims 'to become a clearing house for the nation on the subject of mental health, the prevention of nervous and mental disorders, the care and treatment of the insane; and aims also to become a

coordinating agency for all State and local agencies interested in these problems.'

"In conclusion, the editoral points out the obligations which from this standpoint, rest upon the physicians of the country:—

"' Physicians have been slow to realize that the prevention of insanity and mental defectiveness, not only in relation to the individual patient, but more particularly from the eugenic standpoint of the survival and improvement of the race, is one of the most significant and valuable fields of modern preventive medicine. But there is a rapid awakening to this new conception, and the pioneer work of these committees for mental hygiene deserves active support and intelligent co-operation."'

The American Journal of Public Health.

FORTY SIX-CENTS A POUND FOR BUTTER

This week we paid 46 cents for a pound of Nebraska butter, and couldn't find any other kind at any price. This Nebraska butter had probobly been in cold storage for four to six months, and we did not enjoy it as well as the "home grown variety" either.

The Biltmore Dairy Butter sells on the retail market at 44 cents per pound, but could not be had at any price at the time mentioned. Armour's butter sells at retail for the same price and may be ordered through their local representative Mr. Eugene Carland at any time. There is $25,000.00 worth of this western butter sold on the Asheville retail market annually. The retail merchants must pay these western manufacturers about 40 cents per pound, delivered, and yet the farmers of Western North Carolina are selling their butter at retail at 25 cents per pound and in the summer lower; and at wholesale they get from 20 cents to 25 cents.

"There's a reason," but no excuse. If we must pay 40 cents to 45 cents a pound for butter, we perfer ;to pay it to the Western North Carolina farmers rather than the butter manufacturers of Western States. What are the reasons 1st. the farmers don't know how to make good butter—one of the retail merchants complained to me that butter from the average farmer wouldn't keep, would soon begin to smell and taste old—but the State Agricultural Department and the Agricultural Department of the Southern Railway are anxious to teach the farmers how to make good butter, and all that is asked for the instruction is the opportunity to impart it.

2nd. **Co-operation,** and with the help of the Southern Railway and the splendid cold storage facilities that Asheville now affords, and more especially the interest Mr. Curtis Bynum of the Carolina Creamery has in this particular subject, the matter of co-operation should be easily worked out.

If we have to pay 40 to 45 cents per pound for butter we would prefer to pay it to the farmers of Western North Carolina. Will they make it possible for us to do it?

If we are compelled to eat cold storage butter, we would prefer to eat butter from the farms of Western North Carolina stored in Asheville cold storage. Will the farmers of Western North Carolina let us and take the profit.

MARY'S LITTLE COLD

Mary had a little cold,
That started in her head,
And everywhere that Mary went
That cold was sure to spread.

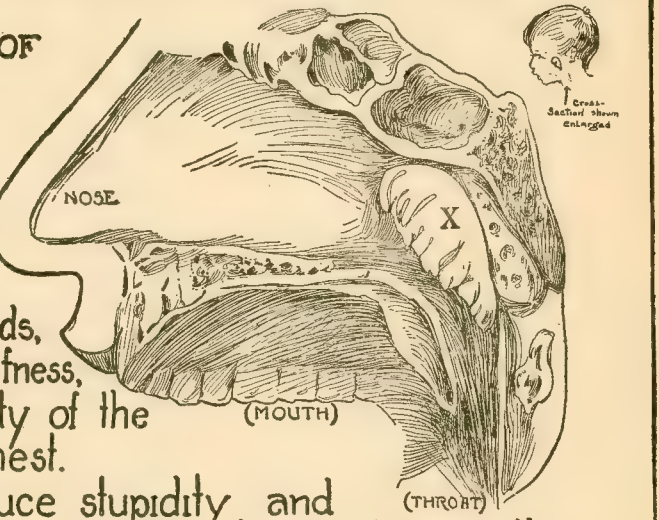
It followed her to school one day
There wasn't any rule;
It made the children cough and sneeze
To have that cold in school.

The teacher tried to drive it out;
She tried hard, but—kerchoo!—
It didn't do a bit of good,
For teacher caught it too.

Ninety per cent of children examined in Montford School had enlarged tonsils or adenoids and most of these had both. Parents, you owe it to your children to prevent them from being thus handicapped. Consult your physician about it. Those of you who are not able to pay take your child to the Dispensary of the Associated Charities any afternoon between two and four o'clock.

ADENOIDS

LOCATION OF ADENOIDS SHOWN X



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BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 27 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. April 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

THE tariff is an important thing in our economic system, but a dead man does not care anything about the tariff. Life and health are of prime importance.

PRESIDENT WILSON and family and all attendants at the White House have been vaccinated, ("Go thou and do likewise") and the President lives and was able to deliver his address in person to Congress. Long live the President. He will never die from smallpox.

TEN MILLION vaccinations in the Phillipines without a death or loss of an arm or other untoward symptoms. Results---No smallpox on the Phillipine Island for the first time in history.

Health Department City of Asheville

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ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

A MIXTURE OF FLIES AND MILK.

The subject matter of this Bulletin is A Mixture of Flies and Milk. That is the way they were served a few years back. They are not served that way in any intelligent community any more, nor by intelligent people; intelligent people prefer to drink the milk without the flies in it. In fact, since they have learned the filthy habits of the fly, and that it is the filthiest of all animals, large or small, they prefer not to eat the flies at all. We hope that this Bulletin will sufficiently impress those who read it that it will not be necessary to serve a mixture of this kind again.

THE ONLY SENSIBLE THING TO DO WITH FLIES IS NOT TO HAVE THEM. KILL THEM BEFORE THEY ARE BORN.

Destroy their breeding places, the HORSE MANURE, likewise all kinds of filth, including garbage from the kitchen. Have your stable floor of impervious material, keep the floor thoroughly cleaned of all manure daily or oftener, place the manure in wagon bed or box or bin with tight floor and tight three sides and remove it without the city once a week or oftener. THIS IS THE LAW IN ASHEVILLE.

If you have refused or neglected to obey the law and our inspector hasn't caught you at it and you have flies, then the following from the Press ervice of the State Board of Health is good advice:

"Don't waste your time swatting flies this summer unless you have your house well screened. Fly swatters are a refinement to be used only in houses or rooms where all the doors and windows are screened. Fly swatters are merely a finishing process—a matter of refinement, if you please—to be used in a well screened room or house where there are perhaps never over a dozen flies. By means of fly swatters you can lay low the last fly in a room, but if the room is not well screened you might as well blow against the wind as to try to keep all the flies out by swatting.

"The first thing to do, therefore, is to put up fly screens. Don't put it off another week or another month. Do it now, and get the benefit of screens all spring, summer and fall. Screens do not need to be expensive to be effective. In fact, in many instances a window can be screened perfectly with mosquito netting for 15 cents, while a 35-cent ill-fitting extension screen will let the flies come in by the hundreds.

"For kitchen windows, where it is rarely necessary to open or close the shutters, there is no better way of screening than by means of mosquito netting tacked to the outside of the window

frame. Mosquito netting will usually last an entire season, and it does not interfere in the least with raising or lowering the windows, or with the inside shades or blinds. Of course, if you have the money, there is no objection to getting made-to-order screens to fit all the windows, but they will cost from $1.00 to $1.50 apiece, against 15 cents for the mosquito netting."

WAR AGAINST THE FLY.

The following editorial from The Asheville Daily Citizen of March 30th, 1913, is so good, and covers the ground so thoroughly, that we take pleasure in reproducing it here:

"War has been declared, and this time it is against the common enemy, no other than humanity's inveterate foe, 'musca domestica.' There is a world of satisfaction in the knowledge that Asheville was the first city in the United States to begin the systematic extermination of this domestic pest. We recall that when the campaign was opened some years ago, many were disposed to look upon it as a joke, and even to this day there are those who do not regard seriously the steps being taken in various sections of the country to exterminate the common house fly.

Scientific research has conclusively proven that the house fly is one of the most deadly enemies of mankind, disseminating disease and pestilence wherever he goes. Various interests have vainly endeavored to establish a defense for the winged menace, but there has never been a valid reason offered why the fly should not be ruthlessly slaughtered on sight. Every man's hand should be raised against him; every door should be closed in his face, for he seeks not your life, but your death.

"The ravages of the house fly, however, can be materially lessened without resorting to bloody methods, or incurring the risk of censure at the hands of any humane society by indulging in wholesale murder. His tribe can be materially decreased by the systematic and painstaking extermination of his advance guard in the early days of spring. The use of the 'swatter' is effective enough in its way in the summer time, but that labor can be spared by steadily reducing the number of places where flies are likely to breed. Take, for instance, stables and barns where by the exercise of early precautions fly-breeding becomes impossible. In the homes, too, a careful disposition of all refuse, and the maintenance of cleanly conditions in backyards go far to decrease the tribe of musca domestica. Let our slogan be, 'less flies in the spring and less work in the summer.'"

SWAT THE FLY BEFORE HE GETS WINGS.

Paris Green used in the same watery solution that has proved so effective in the control of potato bugs (1 lb. to 25 gallons of water), is equally effective on stable manure as a maggot killer. A common garden watering pot full of water, a teaspoonful of Paris Green stirred in, used on the fresh manure, which is the fly's favorite place for laying her eggs, and the flies from that stable don't need swatting.

Paris Green used in this weak solution is not dangerous to stock as they would have to eat large quantities of the bedding to be affected, and every maggot killed is one less fly to dodge next week.

Paris Green does not injure the fertilizing qualities of the manure, but in a negative way increases it.

THE GOOD CITIZEN'S DECALOGUE.

I. Remember thy garbage can to keep it covered; lest thy garbage become a stench in the nostrils of the people, and breed flies.

II. Thou shalt cut the weeds in thy vacant lot, lest it become a hiding place for old tin cans, which catch rain water and breeds mosquitoes, papers and divers sorts of trash.

III. Thou shalt bear witness against thy neighbor's rubbish heap, likewise his dirty back yard. (The Asheville Health Department never tells the name of informant).

IV. Thou shalt clean out the habitation of thy horse and thy cow frequently, lest the stable fly flourisheth and spread infantile paralysis, and the house fly breed by the thousands and millions and annoy thee and thy beast and produce much sickness in thy family.

V. Thou shalt prevent the breeding of the fly in the springtime, that thy children unto the third and fourth generation need not swat him later.

VI. Remember thy back yard and alley to keep them clean. Six days shalt thou labor to keep thy premises clean, and if yet the task is not accomplished, thou couldst do worse than continue on the seventh.

VII. Thou shalt covet all the air and sunshine thou canst obtain.

VIII. Look not upon the milk when it cometh from an unclean dairy; for the doctor will not hold thee guiltless if thy infant sickeneth therefrom and die.

IX. Remember thy cleaning up day and keep it wholly. (Every day is cleaning up day in Asheville).

If thou dost hearken unto these sayings, to do them, thou shalt live long in the land.

CERTIFIED MILK FOR ASHEVILLE.

We take much pleasure in announcing to the public that the Biltmore Dairy began the delivery of Certified Milk in the city of Asheville on the 15th of this month. Some one may be interested to know what Certified Milk means, who certifies it, and is it of superior value, and if so, in what way?

First—Who certifies to it, and in what way?

The Medical Milk Commission of the Buncombe County Medical Society. The Buncombe County Medical Society first in every good word and work when it comes to health matters in Asheville, and many other things for that matter, appointed the commission from its members according to the rules of the American Association of the Medical Milk Commissions, and it might be proper to state that a Medical Milk Commission cannot be appointed in any other way and that this commission is the only legally constituted authority that can legally authorize the use of the words "Certified Milk" in connection with the production and distribution of milk. The members of this Commission are Dr. C. V. Reynolds, president; Dr. A. W. Calloway, Dr. J. B. Greene, Dr. L. W. Elias, medical inspector, and Dr. L. B. McBrayer, secretary. Mr. L. M. McCormick is the chemist, bacteriologist and veterinarian to the Commission.

In a general way we might say that "Certified Milk" means the cleanest of clean milk. The cows must be healthy, they must be tuberculin tested and shown thereby to be free from tuberculosis. They must not be allowed to associate with any other cows, either in the barn or pasture, nor will the certified herd be allowed to run in a pasture or paddocks where other cows have recently been. The cow barn must come up to specified standards as regards light, ventilation, ability to be kept clean, such as concrete floors, gutters, etc., and must be screened to keep out the flies, then the barn must be kept clean according to specifications. All other animals, such as horses, dogs, cats, fowls, etc., must be kept away from the certified herd and the barn where the certified herd is kept. The cows must be kept clean, the hair on the udders, flank and tail must be kept clipped and the udders must be washed according to approved methods before milking is begun.

The milkers must first be examined by our medical inspector and likewise their families to see whether or not they are afflicted with any disease, and this examination is repeated every week. If any of the milkmen or any of the members of their famliies are found to have any disease they are stopped from milking. The milkers must not use tobacco

or liquors while on duty. They are not allowed to spit while they are on duty. No person other than the milkers shall go in the barn during milking. They must put on white sterilized overalls or gowns when they begin milking. They shall wash and scrub their hands as does the surgeon before beginning an operation, immediately before they begin milking.

Utensils.—The bottles, milk cans, milk pails and everything used in handling the milk must not only be washed thoroughly, but must be sterilized before receiving any milk.

THE MILK.

When the milk is drawn from the cow it must be immediately cooled to 45-F., and kept between 35 and 45 degrees until it is delivered to the consumer. It must show a butter fat, that is cream, of 4½ per cent., and the bacterial count must not be over ten thousand.

Records of all the weekly examinations and tests made by the veterinarian, medical inspector, chemist and bacteriologist are kept on file in the office of the secretary of the Commission and copies are furnished the American Association of Medical Milk Commissions, which alone makes the rules and regulations under which "Certified Milk" is produced and distributed. The local Commission has become a member of this national association and will send a delegate to the next meeting, which takes place in Minneapolis next June.

AN IMPORTANT STEP FORWARD .IN THE DISTRIBUTION OF MILK IN ASHEVILLE.

Mr. Curtis Bynum, proprietor of the Carolina Creamery and owner of the plant, has established a milk depot at his plant at the corner of Clingman and Patton avenues, for the distribution of milk in the city of Asheville and for the manufacture and sale of butter and cream in Asheville and throughout the South. When the minutest details of his plans are worked out and completed, we think that Mr. Bynum will have left little room for improvement.

One of the important things he is doing is that he has established a scale of prices so that he pays the dairymen for their milk according to the cleanliness of the milk. All of the milk to have 4 per cent. butter fat. The prices current, beginning April 1st are as follows:

	Per Gallon.
Certified milk	30c
Bacterial count of 20 M and under	20c
Bacterial count of 20 to 40 M	19c
Bacterial count of 40 to 60 M	18c
Bacterial count of 60 to 90 M	17c
Bacterial count of over 90 M.not received	

The average price of milk at wholesale heretofore has been 18c per gallon, and all that was required was milk that would pass the inspection of the Board of Health, regardless of the amount of butter fat or of the cleanliness of the milk. Under this plan, the man who cares to take the pains to produce clean milk will receive a bonus of 2c per gallon. If he cares to go to the expense of producing Certified Milk he will receive a bonus of 12c per gallon, while if he is so careless about the handling of his milk and about his methods of dairying that his milk barely passes, having a count of 60 to 90 M bacteria, he will receive a fine of 1c per gallon and his milk will not be wanted at that, while if he is worse still his milk will not be accepted. We think that this plan is largely the solution of the problem of getting a clean milk for Asheville.

To serve notice on a man that he is to go to the expense of several dollars or several hundred dollars, as the case may be, or that he must do an extra amount of labor in the production of his product, and yet receive no advantage in the way of price, is poor encouragement indeed, but when the prospect of an increase in price of 2c per gallon or 12c per gallon if he will produce Certified Milk, there is a strong inducement for him to look after the details of producing clean milk.

We congratulate Mr. Bynum on putting into effect this splendid system, but what is more, we do epsecially congratu-

late the people of Asheville, because it means a cleaner and therefore a better milk for them.

So far as we know, there is no other city in the United States that has this plan except Dr. North's demonstration dairies at Homer, New York.

In order to aid the dairymen in producing sufficiently clean milk to bring the highest price Mr. Bynum washes the milk cans in which the milk is delivered and afterwards sterilizes them with live steam. They are then closed and returned to the dairymen and are not opened until he is ready to pour in his milk for the next delivery.

PASTEURIZATION.

In order that he milk may be safer still, Mr. Bynum pasteurizes all the milk that he delivers in Asheville. Pasteurization means heating the milk to a temperature of 145 degrees F. and holding it there for thirty minutes, or heating it to a temperature of 160 degrees F. and holding it there for fifteen minutes. Unless the milk is heated to a temperature of 165 degrees F. the cream line is not destroyed and the taste is not altered. By this pasteurization it has been proven that while all the germs in the milk are not destroyed, yet this temperature will destroy all disease producing germs.

We have only one criticism to offer on the methods of Mr. Bynum in pasteurizing the milk. At present he is pasteurizing the milk by wholesale, after which it is necessary to bottle it. The better method is to pasteurize the milk in the bottles after it has been bottled, and we understand that Mr. Bynum intends to install this system as soon as it is possible for him to do so.

Certified Milk of course is the ideal milk, but the expensive details in connection with the production and distribution of this milk make the price beyond the reach of people of ordinary means, for that reason the large majority of the people of Asheville, or of any town, will never be able to use Certified Milk. We are glad then that the people who are unable to buy Certified Milk will have an opportunity to buy such a good and safe quality of milk as Mr. Bynum expects to deliver, and we feel that the people of Asheville will appreciate Mr. Bynum's efforts also.

Mr. Bynum is also manufacturing butter. He now has ten different cream routes. By a cream route is meant a circuit of twenty or twenty-five miles through a farming section of the country which is traversed by one of Mr. Bynum's wagons two or three times a week and the cream is collected at the farmers' doors, paying therefor, we believe, 30c per pound for butter fat, the farmer retaining the skim milk to use in his family or to feed to his chickens, calves or pigs. Several of these cream routes center at Fletcher, others at Hendersonville and from these towns the cream is brought to the milk depot by automobile trucks. Others radiate from Asheville and are delivered direct to the milk depot, where it is manufactured into butter. We do not hesitate to say that Mr. Bynum manufactures a most excellent quality of butter. He has had considerable experience along this line, employs good men and has had the hearty cooperation of the dairymen from the State Department of Agriculture as well as the United States Department of Agriculture and also the dairymen of the Southern Railway.

We take it that this butter demands a reasonable price or else he could not afford to pay the farmers 30c per pound for the butter fat.

Mr. Bynum, with a few exceptions, has all the facilities needed for the handling of milk and butter. He has his own ice plant and therefore plenty of cold storage and plenty of ice, and he also has plenty of steam direct from his own boilers for cleaning and sterilizing purposes. We congratulate the people of Asheville on having such a plant in our midst and we have no doubt that when they are fully informed they will show personal appreciation of Mr. Bynum's efforts.

BACTERIAL MILK COUNT FOR DAIRIES FURNISHING MILK TO THE CITY OF ASHEVILLE DURING THE MONTH OF MARCH.

RETAIL DAIRIES.

Biltmore	10,000
Anandale	22,000
Violet	22,000
Laurel Springs	25,000
Woodfin	25,000
Sunset	27,000
Oak Spring	26,000
Park Farm	27,000
Redmond	30,000
Dryman	32,000
Oak Grove	35,000
Horst Farm	36,000
Beaverdam	45,000
Carolina Creamery	51,000
Mountain Range	52,000
Reed Farm	53,000
Maple Leaf	63,000

WHOLESALE DAIRIES.

O. Baird	19,000
Nettles	21,000
Eli Carter	25,000
Dillingham	27,000
Scarborough	30,000
Griffin	32,000
I. V. Baird	43,000
C. C. Greenwood	45,000
W. A. Baird	45,000
Weaver	46,000
Carter Bros.	49,000
Stony Knob	50,000
R. Brown	53,000
Sevier	56,000
Calloway	56,000
Dockery	86,000
Swain	133,000

It is a great pleasure to note that nearly all the dairies are reducing the bacterial count materially. To the users of milk we would say again that a low bacterial count means clean milk and a high bacterial count means dirty milk. See how your dairyman stands.

THE SEVEN AGES OF MILK.

Dr. Charles Cristardo, of Point Loma, Cal., in an article on "Certified or Clarified Pasteurized Milk," in the December Dietetic and Hygienic Gazette, describes the sanitary history of milk production in the following popularly impressive way:

"1. Neglect Age.—Meaning anything and everything unsanitary; filthy stables and as filthy cows; dust, flies, unclean cans and pails and unclean milkers perhaps, using unclean milking methods, and carleess cooling and storing of the milk.

"2. Water Age.—When 25 per cent. to 50 per cent. of water was added to the milk to make it hold out.

"3. Skim Age.—When all or part of the cream was skimmed and kept at the farm, and the milk sent to town.

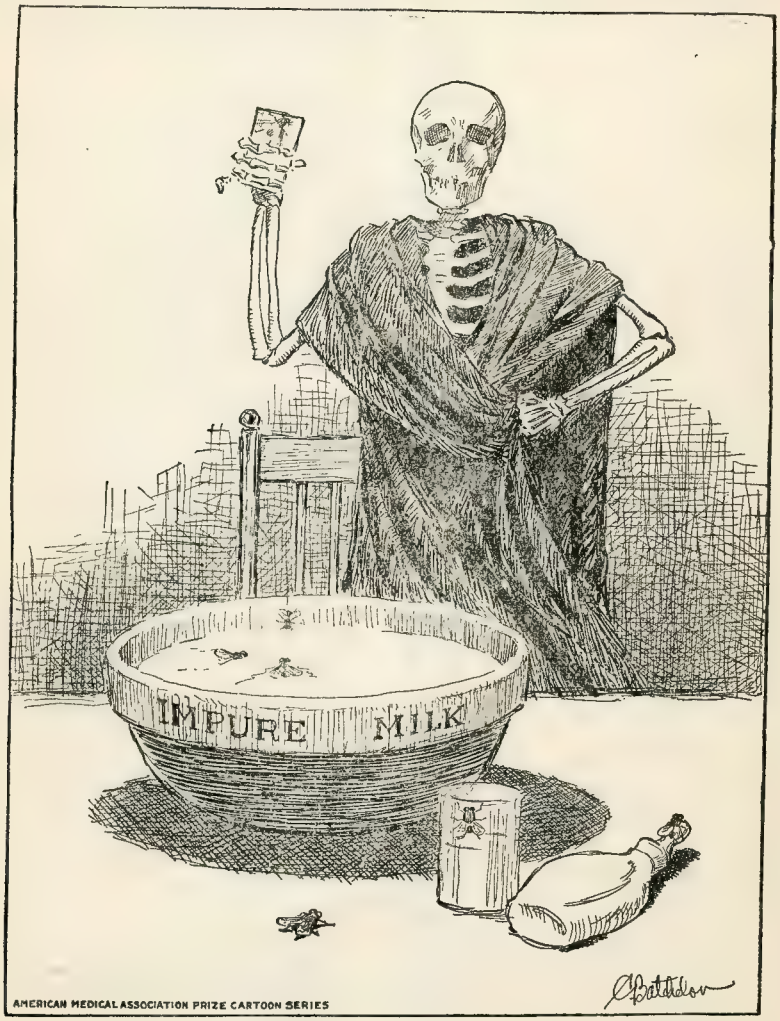
"4. Preservative Age.—When salicylic and boracic acid were used, and then formaldehyde to keep the milk chemically sweet.

"5. Tuberculosis Age.—When milk was found to be, through bovine bacillus, a transmitter of the white plague.

"6. Pasteurization Age.—When all 'uncertain' milk was made safe through application of heat, 145 degrees Fahrenheit for 30 minutes, correctly, honestly and thoroughly done.

"7. Golden Age.—When all milk shall be 'certified' in the full and sanitary sense and meaning of the term as to environment and methods, machine clarification to take place immediately after the milking, when the milk is fresh from the cow and before germ multiplication has commenced, either from the foreign matter or from the slimes already present in the milk; then cooling and bottling at the farm, pasteurizing after bottling, to make assurance doubly sure."

Eternal Vigilance is the Price of Good Health



"I DRINK TO THE GENERAL DEATH OF THE WHOLE TABLE"

This Does Not Occur in Asheville

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 28 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | May 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

A FLY SPECK is the excrement of the fly. It has been demonstrated that this fly speck may contain live tubercular germs, when the fly has had access to the spit of a consumptive. You don't want to eat the fly speck, do you?

THERE is no good reason why every person afflicted with tuberculosis should not be placed under rigid supervision, and required to strictly observe the rules and regulations necessary to prevent them from communicating this disease to others. We require this of them in Asheville.

Health Department City of Asheville

BOARD OF HEALTH.

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EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

TUBERCULOSIS.

This Bulletin is devoted to the subject of tuberculosis and contains a resume of our laws governing and controlling those in our city afflicted with the disease and prescribing the duties of physicians, boarding house keepers, those conducting sanataria, etc., and the various officers of the Health Department in connection with such disease.

This Bulletin is issued for the purpose of instructing our people how to protect themselves against disease and what is necessary in order for them to comply with the laws in our city in regard to same.

The sick person himself has an important part to perform, when he has any disease, whether it be typhoid, measles, smallpox or tuberculosis. The duties and conduct required of him by law may seem unpleasant and may cause him more or less inconvenience, and perhaps some expense, but this is considered necessary for the public good, for the good of a large, very large majority of the people. The personal liberty cry has been overworked in the past. In this day of enlightenment a man's personal liberty ends where the other man's nose begins. In this day of enlightenment it is considered as great an impropriety to kill a man or a child by giving him diphtheria, typhoid, tuberculosis or any other contagious or infectious disease, as it is to kill him with a gun. In fact a woman was tried for murder, charged with killing her husband with typhoid germs, and was convicted by due process of law.

Hence in Asheville our Health Department has for its sole duty the protection of her citizens and all people who come within her borders against disease and enforcing the ordinances related thereto.

In regard to the prevention of tuberculosis in Asheville, we feel that we may take a pardonable pride in the splendid success achieved—only two deaths from pulmonary tuberculosis among the 25,000 citizens of Asheville during the year 1912, as is recorded by our vital statistics, while according to the average we would be expected to have 40, a saving of 38 human lives and 190 constantly sick with the disease, speaks more eloquently than words or figures, of the work being done by our Health Department along this line.

The ordinances published in this Bulletin regulating sanataria, boarding houses. etc., where persons suffering with tuberculosis are kept, is a distinct advance in legislation in regard to this disease and we believe will be of great advantage in handling and caring for this disease.

OUR LAWS FOR THE PREVENTION OF TUBERCULOSIS.

Anti-Expectoration Ordinance

"That it shall be unlawful for any person or persons to wilfully expectorate or spit on the floor or steps or other

walk ways, or approach of any hotel corridor, hotel office, public office, court house, street car or any sidewalk in the city of Asheville; and any person violating any of the provisions of this section shall be subject to a penalty of $1.00 for each and every such offence."

I trust that we may not be considered egotistical if we congratulate ourselves on the fact that this was the first city in the world to pass an ordinance against expectoration, and further that it has been copied by every city that lays any claim to importance and that makes any pretence at protecting the health of its citizens, throughout the entire world. A sufficient compliment to please the most vainglorious, I am sure.

Every Case of Tuberculosis in the City of Asheville Must Be Reported.

Section 470 of the City Code provides and declares that "pulmonary tuberculosis is a communicable disease and dangerous to the public health." Sections 471 and 472 read as follows:

That whenever any householder knows that any person within his family or household has a communicable disease, dangerous to the public health, he shall, within 24 hours, report same to the health department of the city giving the street, number or location of the house; and any such householder failing or neglecting to comply with the provisions of this section shall be subject to a penalty of $25.00 for each and every such offence.

"That whenever any physician finds that any person whom he is called upon to visit has a communicable disease, dangerous to the public health, he shall, within 24 hours, report same to the said health department, giving street, number or location of the house, and any physician failing to comply with the provision of this section shall be subject to a penalty of $10.00 for each and every such offence."

And section 475 reads as follows:

"That no innkeeper, hotel proprietor or manager, or other person shall rent out, let or hire any house within said city, in which a communicable disease dangerous to the public health, has recently existed, until the rooms or house and premises therewith connected have been disinfected to the satisfaction of the board of health of said city; and any person violating any of the provisions of this section shall be subject to a penalty of $25.00 for each and every such offence."

Upon receipt of notice from the attending physician that a case of tuberculosis exists in a certain household, the health department immediately notifies the householder of the existence of such case of tuberculosis in his house, submitting therein a brief of the law on the subject, and this notice is accompanied by a brief resume of the necessary precautions that should be taken by the patient and those who associate with him, as well as the care and disposal of the sputum etc., in order to prevent infection of other individuals.

Ordinance Regulating Sanitaria, Boarding Houses and Other Places Where Tuberculous People Are Kept.

The Joint Health Board of the City of Asheville do Ordain:

Section 1. That Section 510 of Bourne's Asheville Code, 1909, be and the same is hereby repealed, and the following inserted in lieu thereof.

Sec. 2. That no person, firm or corporation shall keep, run or operate any Hospital, Sanitarium, Hotel, Boarding House, Rooming House or other institution at which any person or persons suffering with tuberculosis are received, lodged, kept, roomed or boarded in the city of Asheville, without having first received a license to conduct such business from the Joint Health Board, and that every person, firm or corporation wishing to conduct such business, shall make application in writing to the Joint

Health Board for a license, setting forth specifically the location of the property in which such business is proposed to be conducted, together with the name and resident address of the proprietor or owner of such proposed business, also the names and street addresses of all property owners and any other persons residing within two hundred feet of the proposed location; and that the application shall contain an agreement that all of the premises, in or on which said business is to be conducted may be inspected by the Board of Health, the Health Officer or any other officer of the Health Department at any and all times, and that such applicant will comply with and obey all the rules and regulations of said Board of Health or said Joint Health Board; that said Joint Health Board may either grant or refuse a license to any person, firm or corporation in its discretion; and that such license shall be immediately revoked, without any further action by said Joint Health Board, upon such licensee or any other person acting as agent for such licensee being convicted for violating any of the provisions of this or of any other section of this ordinance; that every such license granted shall expire on the 31st day of December of the year in which it is granted; and that the renewal of such license shall be applied for in the same manner as prescribed for the original license, and that no such license shall be transferred without an order of the Joint Health Board.

Sec. 3. That it shall be unlawful for any person or persons operating or in charge of any hotel, boarding house, rooming house or other institution, at which persons are received, lodged, kept or boarded, to take any person or persons suffering from tuberculosis, when such hotel, boarding house, or other institution advertises or otherwise holds out that it does not take persons suffering from tuberculosis.

Sec. 4. That the Board of Health shall keep a list of all persons, who secure a license under the provisions of this ordinance, in the office of the Health Department of said city, which shall at all times, during office hours, be open to public inspection.

Sec. 5. That every person operating or in charge of any hotel, boarding house or rooming house that has not been licensed to receive tubercular persons, shall report to the Health Department or Health Officer of said city any person, at such hotel, boarding house or rooming house as aforesaid, suspected of suffering with tuberculosis; and said Health Officer may make necessary examination of any and all persons lodging, rooming or boarding at any hotel, or rooming house not licensed as herein provided, suspected to be suffering with tuberculosis and ascertain whether or not such person is suffering with tuberculosis, and should said Health Officer find any such person suffering with tuberculosis, such person must immediately be removed.

Sec. 6. That it shall be unlawful for any person suffering with tuberculosis to gain admittance by any false statements, or representations to room, lodge or board at any hotel, boarding house, rooming house or other institution in said city not licensed to take tuberculous patients.

Sec. 7. That it shall be unlawful for any person suffering from tuberculosis to teach in any school, work at any soda fountain, in any barber shop, in any meat market, baker shop, grocery store, fruit stand or at any other place in said city where food stuffs are handled or sold.

Sec. 8. That it shall be unlawful for any tuberculous person to expectorate upon the floor, steps or other walkways, or porch of any sanitarium, sanatorium, hotel, boarding house, rooming house or other public hall, bank, public building, public office, court house, street car, sidewalk, street, drive, walk, lawn or other place within said city; that said person shall expectorate in tissue or other paper, in a handkerchief or other cloth, or in a proper sputum cup, which shall be destroyed by burning before depositing in or at any other place.

Sec. 9. For the purpose of this ordinance, no person shall be considered suf-

fering with tuberculosis whose sputum for three successive examinations, not less than four days apart, shall be free from tubercle bacilli; and that tuberculous patients who have been reported to the Board of Health as cured, arrested or closed shall submit their sputum, for examination, to the Health Department Laboratory and such person shall submit with the said sputum a written certificate, to the effect that the said sputum is of their own expectoration.

Sec. 10. That any person violating any of the provisions of this ordinance shall be subject to a penalty of $25.00 for each and every offense.

Sec. 11. That all ordinances and clauses of ordinances in conflict with this ordinance are hereby repealed.

Sec. 12. That this ordinance shall be in full force and effect after the 1 day of June, 1913.

Our Checking Up System.

When in accordance with laws quoted above a physician reports a patient at a certain hotel, boarding house or dwelling house, this card is filed in our regular card index system, and the hotel proprietor, boarding house keeper, landlord or householder is notified of the fact on a regular card kept for the purpose, on which is printed a brief of the law on the subject. As soon as this patient leaves this room, either by removal to other quarters in the city, or by leaving the city, or becomes cured; in accordance with section 475 of the city code quoted above, the hotel proprietor, boarding house keeper, landlord, or householder, must notify the health department, and is not permitted to allow anyone else to occupy the room vacated, until it has been fumigated by the official fumigator of the health department. The physician in attendance also notifies us of the removal of the patient and to what place, if in the city, he goes, when the fumigator finishes fumigating the room he returns a card showing for what disease the fumigation was done, who occupied the room, and the place to which they have removed.

If the patient has removed to some other point in the city, the routine starts over again, if the patient leaves the city or is reported cured, his card is removed from the active list, and of course he is not checked after any longer. In this way, you can readily see that our health department follows every case of tuberculosis from the time it comes into the city until he leaves, and fumigates every room that he occupies. In addition to this the patient must conform to our laws, rules and regulations in regard to the prevention of the spread of tuberculosis.

This is the part of the contract which he must perform in return for the privilege of enjoying our salubrious and health giving climate.

You can readily see from the foregoing, that Asheville, so far as infection from tuberculosis is concerned, is a much safer place to reside than is the country district where no precaution is taken, or towns which have no board of health, or whose boards of health do not look after their tuberculosis cases as does the health department of this city.

There is no place in the world, it may be said without hesitation, where a person is less liable to become infected with tuberculosis than in the city of Asheville. Any physician or sanitarian who familiarizes himself with our methods of dealing with tubercular patients, as outlined above, will corroborate this statement. Anyone who is interested and desires to familiarize himself more closely with the detailed workings of this system can do so by calling at the office of the health department, second floor, city hall.

We are trying to make Asheville the safest place in the world to live from the standpoint of health and we feel that our citizens have a right to congratulate themselves on the success attained thus far.

It is a violation of the laws of Asheville for anyone to spit on the sidewalk or other public place.

It is a violation of the laws of Asheville for a person suffering with tuberculosis to spit on any floor, walkway, lawn, driveway, or in any place, but he is required by law, if he spits at all, to spit in a handkerchief or other cloth, or on a paper or in a sputum cup, all of which must be burned. Read the law in this Bulletin and observe it. Any person violating this law is subject to a fine of twenty-five dollars.

It is a violation of the laws of Asheville for a person suffering with tuberculosis, to state that he is not suffering with this disease, in order to gain entrance into a boarding house or hotel or other place, and the penalty for making such a false statement is twenty-five dollars.

It is a violation of the laws of Asheville for a boarding house keeper to state that she does not take tubercular people when such statement is not true, and the penalty for making such false statement is twenty-five dollars.

It is a violation of the laws of Asheville for a hotel, boarding house, or any other place or institution to take people suffering with tuberculosis unless they have a license from the Joint Health Board. A list of such persons so licensed is on file in the office of the Health Department and is open at all times to the inspection of anyone interested. The fine for violation of this law is twenty-five dollars.

It is a violation of the laws of Asheville for a hotel, boarding house, sanatorium or other institution to allow a room that has been occupied by a tubercular person to be occupied by another person until the room has been fumigated and disinfected by the official fumigator of the Health Department, and the fine for the violation of this law is twenty-five dollars.

The laws of Asheville require every hotel keeper, boarding house keeper or other head of the house to notify the Health Department of the existence of a case of tuberculosis in his, her, or their house, within twenty-four hours after he or she has knowledge of the existence of such disease in their house, and the law provides a penalty of twenty-five dollars for failure to perform this duty.

A like duty as per above is imposed upon every physician treating a case of tuberculosis in the city of Asheville, and a like penalty of twenty-five dollars for failure to perform such duty.

If the rules laid down in this Bulletin were carried out to the letter by every individual in the United States, we would be free from tuberculosis in one generation.

Last year one out of every seven deaths in North Carolina was caused by tuberculosis. In **Asheville** one out of every 117 deaths was caused by tuberculosis.

If you live in other portions of the state you would die 17 times of tuberculosis, while you would die once from that disease in Asheville. As you cannot die but once, it will be better to put it this way: If there are nine in your family and eight in your brother's family, they would all be dead from tuberculosis in other parts of the state while only one would be dead from that disease in Asheville, leaving 16 of the two families alive. Which would you prefer to be, dead with tuberculosis in some other place, or alive without it in Asheville. Isn't it well worth while then to have such laws as are laid down in this Bulletin and isn't it worth while to enforce them?

THE CARE OF MILK IN THE HOME.

"1. Take in milk and cream as soon as possible after being left at your door and place in refrigerator.

"2. Keep milk and cream cold until ready for use.

"3. If ice cannot be had, wrap the bottle in a wet cloth and stand it in an open dish of water by an open window, out of the sun. Evaporation of the water will cool the milk.

"4. Keep milk and cream covered until wanted, and in the bottle in which it is delivered. In open bowls or pitchers it will absorb odors from food and collect flies and dust.

"5. Pour from the bottle only what milk or cream is needed for immediate use.

"6. Milk or cream that has become warm should never be poured back into the bottle of cold cream or milk.

"7. Utensils used for milk should first be rinsed with cold water, then washed with warm water and soap or washing powder, and finally rinsed with boiling water, thoroughly drained and allowed to beocome cold before being filled with milk.

"8. Have a separate bottle of milk for the baby.

"9. Wash and return all milk and cream bottles daily.

"10. No person ailing or sick with contagious disease or sore throat, or one having the care of such person, should have anything to do with the care of milk or of milk utensils."—The American Journal of Public Health.

THE MILK WE DRINK.

Every cow in every dairy herd furnishing milk to the city of Asheville is tuberculin tested annually, and any cow found infected with tuberculosis is slaughtered. Wagons delivering milk in the city are inspected daily and chemical and bacteriological examinations are made daily in the Health Department laboratories. The dairy farm, barn, utensils and methods of handling the milk are inspected at short intervals.

BACTERIAL MILK COUNT FOR APRIL.

Wholesale Dairies.

Park Farm	12,250
Nettles	19,000
Dillingham	19,500
Swain	21,250
Calloway	21,400
Carter Brothers	24,250
Griffin	25,500
Scarborough	25,800
Weaver	27,750
Dockery	28,200
C. C. Greenwood	29,500
W. A. Baird	30,000
Elmer Carter	30,250
J. V. Baird	30,800
O. Baird	31,600
Rex Brown	34,600

Retail Dairies.

Biltmore	6,500
Certified milk from Biltmore Dairy	1,800
Violet	12,600
Laurel Springs	13,500
Anandale	15,000
Woodfin	17,500
Fenner Farm	19,300
Redmond	20,000
Randal	20,000
Oak Springs	20,800
Melrose	20,000
Dryman	21,500
Brown's Creamery	23,000
Oak Grove	29,000
Sunset	26,000
Beaverdam	31,200
Mountain Range	36,000
Horet Farm	47,500
Sevier	48,000
Maple Leaf	55,000
Reed Farm	77,000
Middlebrook	112,000
Morris	127,000

MAKE HEALTH WHILE THE MOON SHINES-

Always have the windows open while sleeping.
Make your bedroom your health resort.

An Ill-kept Bedroom-Destructive to Health & Efficiency

Clean Up! Clean the Room & Clean the Air!!

Good Air Stimulates Good Health & Good Housekeeping

Cleanliness is the Keystone in the Arch of Life.

NATURE REPAIRS BODY WASTE WHILE YOU SLEEP

In poor air nature does poor repair

Chicago Health Department-Educational Poster No 129

Designed by, Dr C. St Clair Drake

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

..o. 29 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. June, 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates

⚜

CLEANLINESS is the only solution of the fly question.

⚜

"CLOSED bedroom windows mean an open door to the undertaker."

⚜

"THE UPS and downs of health follow closely the ups and downs of the windows."

⚜

THE WORLD is looking for the man that can make ease out of disease."

UNION LABEL

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
DR. F. J. CLEMENGER. DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

OUR NEW ADMINISTRATION.

At the biennial election in May the personnel of our Board of Aldermen was supposed to be changed and a new administration was supposed to take charge of the affairs of the city. That is, the Mayor and half the Board of Aldermen were elected to succeeed the Mayor and half the Board whose terms expired. Fortunately for Asheville the election in reality did not mean any changes in the administration for the Mayor and and all the Aldermen save one, Mr. R. L. Fitzpatrick who was succeeded by Mr. A. G. Barnett, were re-elected.

We have made the above statement in order to make another statement which seems of really greater importance to us to wit: that the Health Department has received formal notice from the Mayor and Chairman of the Sanitary Committee that the policy of progressiveness, high ideals, efficiency and all that goes to make a first-class Health Department and a clean healthy town will obtain with the new administration as it did with the last.

We desire to congratulate the city of Asheville on the facts above mentioned and each and every member of the Health Department desires to pledge to the Mayor and Chairman of the Sanitary Committee their heartiest support in carrying out this policy, and if any one of us fails in anyway to keep inviolate this pledge we trust that the Mayor and Chairman of the Sanitary Committee will not hesitate to call to our attention the fact and if such should continue we hope they will replace such an offending one with some one who is progressive and who is in sympathy with the high ideals of our Health Department and of the new administration.

It might not be amiss to say that the citizens of Asheville and the stranger that is within our gates has a duty to preform in this connection also. If every woman in Asheville would make up her mind that she would not throw any waste matter on the streets, whether it be loose paper or other matter, and that she would not allow anyone under her control, be it her servant, her husband or her children, to be guilty of such violence against the health and cleanliness of our fair city, it would help greatly the new administration in carrying out its high ideals in regard to health and sanitation.

Again we might be permitted to say that before the summer is ended, or certainly before the close of the year, some new and advanced methods will be in use. In establishing a new system in regard to anything it takes some time to make it perfect, if indeed anything can ever be made perfect, and if the citizens of Asheville will co-operate with us and do their part and do it kindly and in the right way at the right time it will aid greatly the new

administration in carrying out these things. You will begin to realize that we are especially dependent upon the co-operation of the people of Asheville for the improvement and perfection of our health work. We do not hesitate to say that this is absolutely true. Other Health Officers in other cities in this State, so it is said, have absolutely failed to produce results, and it is the general opinion of those who are competent to judge that the failure was not due to an incompetent Health Officer, but to lack of co-operation upon the part of the people. We desire here and now to express our appreciation to the citizens of Asheville for their co-operation in the efforts of the Health Department to improve health conditions and to say to them that we expect to put forth increased endeavors along this line during the next few years, and that perhaps one of the happiest thoughts in connection therewith is the fact that we feel assured already of the co-operation of our people.

THE STATE HEALTH OFFICERS' ASSOCIATION.

This important meeting was held at Moorehead City on June 16th and was largely attended by Health Officers and health workers from every part of the State. The representatives from Asheville were Dr. D. E. Sevier, County Health Officer, and Dr. L. B. McBrayer, City Health Officer. These sessions are held each year the day preceding the session of the State Medical Society and thus makes it possible for one attending the Health Officers' Association to attend the other meeting the succeeding days with the inconvenience of only one trip.

Every city and county in the State ought to send their Health Officer to these meetings and pay his expenses. If he is any account at all he is worth this much over the meager salary most of them get, and if he isn't he ought to be replaced.

The Health Officers are expected to keep abreast of the times and unless they do they are certainly no good at all, and they cannot do this without they attend this meeting and other meetings during the year so that they can familiarize themselves with the latest ideas on Health Work. I venture the assertion that most of the Health Officers in the State, if they attend the meetings they ought to, would spend more money in this particular way alone than their annual salary.

STANDARD PRIVY FOR THE CITY OF ASHEVILLE.

The following rules are prescribed for the construction of surface closets in the city of Asheville, and all surface closets now in existance must be brought up to this tandard.

THE LAW: "Section 461 and 505, Bourne's Asheville Code, read as follows:

Sec. 505. That each and every building in said city, used as a dwelling, store, livery. stable, tenement house mill or foundry, shall be provided by the owner thereof with water closet, privy or surface closet where said privy or surface closet can lawfully be maintained; * * * and anyone violating any of the provisions of this section shall be subject to a penalty of twenty-five dollars for each and every such offense.

"Sec. 461. That no privy or surface closet shall be erected or maintained on any premises in said city to which a sewer and water line is conveniently accessible, and no privy or surface closet shall be erected in the city except under the direction of the Health Officer, who shall determine its location and prescribe rules for the construction of all such closets; and anyone erecting or maintaining any privy or closet contrary to the provisions of this section shall be subject to a penalty of ten dollars for each and every such offense."

THE BUILDING: The surface closet must be fly-tight and practically air-tight, except for the vent and vent-flue. The building may be construced

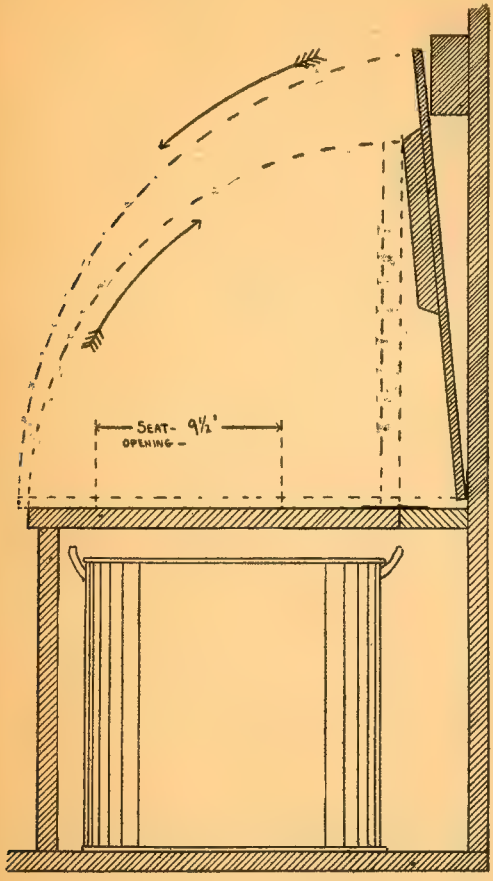

Fig. 1

of flooring plank, of ceiling plank, of inch boards with the cracks covered with three-inch straps, or of weather-boarding, but the flooring plank is recommended as preferable; all of which plank must be free of knot holes. The vents or windows in the building and the vent in end of night soil box and the top of vent-flue must be covered with fourteen-mesh copper wire gauze. The door may be built of the same material as the building if desired, but must fit tightly when closed and must have attached to it a weight and pulley or a spring that will keep it closed. There must be at least two vents, one in either side of the building, (See Fig. 5), and if there should be four, one in either end, it will be better.

The roof may be sloping and made of flooring plank covered with ruberoid roofing or shingles, or may be a combed roof or a hip roof as may be desired, the sloping roof being cheaper. Figures 4 and 5 indicate size of building, the sloping roof being used.

The floor of the privy is tightly laid with tongue and grooved flooring plank, covering the entire ground frame of the building. There is no opening left in the sides or ends of the wall, but

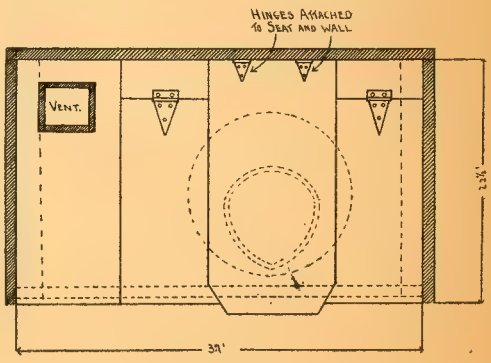

Fig. 2

both sides and both ends come down to the floor. A piece of timber 2x4 inches belts the sides and ends on the inside 36½ inches from the floor, 20 inches from seat; this serves to give added strength, and where the lid of the night soil box opens to cause it to close by gravity. (See Fig. 1).

THE NIGHT SOIL BOX. This is the most important part of the closet and must be built in all closets that are remodeled. The night soil box is placed in end of privy. The floor of privy is the floor of the box, the end and back side of box are the sides and end of privy. The front of box is made of tongue and grooved flooring plank and should be 16½ inches high. The top of the box, which is the seat, is 22½ inches

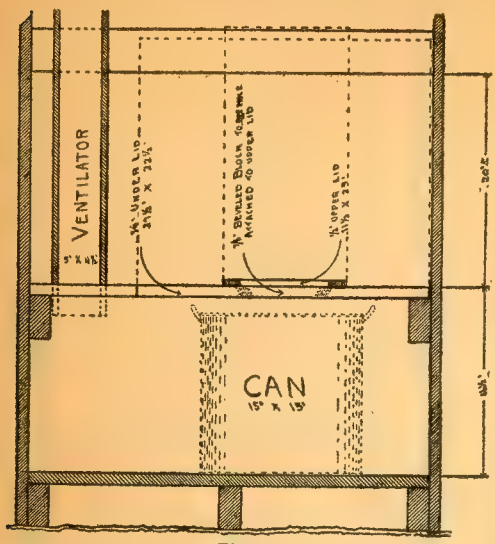

Fig. 3

(See Fig. 2). A plank 3½ inches wide is nailed down at the rear, to which the remainder of seat 19 inches is hinged (Ssee Fig. 2) This top or seat is made of jointed and glued inch boards with two or more cleats nailed across under side (the wider the boards used the better). After the seat is made the opening is cut as follows:

Take a compass with the radius set for 4½ inches, make a circle, the posterior edge of which shall be 3 inches from the posterior edge of hinged part of seat. Then set the compass so that radius will be 3¾ inches and make another circle, the posterior edge of which shall come to center of former circle, the anterior edge will then come within4 inches of anterior edge of seat. Then saw with the outside lines, the cut being made tapering. This will give an oblong opening 12 inches in its longest diameter.

The block that is cut out of the seat to make the opening is nailed to lid, so that when lid closes down the block fits into the opening from which it came. (See Fig. 1). When the opening has been cut, 10 inches is sawed off the end farthest from opening, the cut being made sloping so that the long part of seat containing opening fits over the 10-inch piece which is nailed down and receives the flue. (See Fig. 2). The remainder of seat is hinged 3½ inches from the wall, (see Fig. 2), and when open the block on lid makes it close of its own accord. The seat must extend over box one-half inch, and the lid must extend over seat one-half inch. (See Figs. 1, 2 and 3. The flue, (see Figs. 2 and 3), must extend

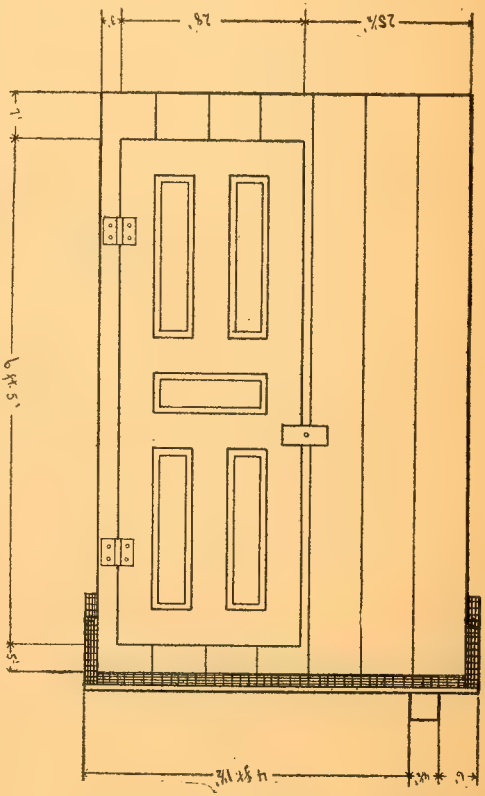
Fig. 4

from beneath the seat to 12 inches above roof if closet is remote from dwelling, and if close to dwelling must extend above eaves of house and must be 4x4 inches in the clear. The vent in the other end of the night soil box must be six one-inch holes, covered with copper wire gauze as above described.

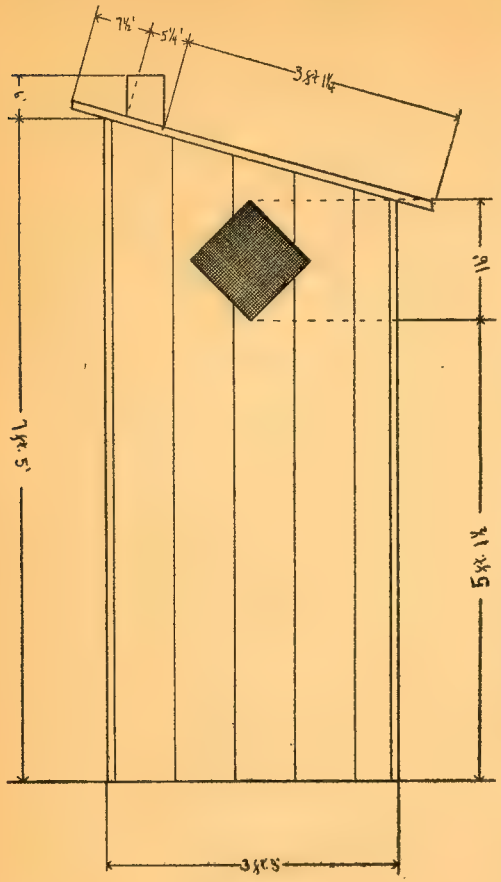

Fig. 5

PAINT

The night soil box must be painted inside and out with asphaltum paint, to prevent cracking and warping of plank. It is preferred and recommended that the outside of the surface closet buildingbe painted.

THE RECEPTACLE. The receptacle for the night soil shall be a galvanized iron bucket 15x15 inches with handles on the side, (see Figs. 1 and 3), and the same will be furnished free of cost upon application to the Sanitary Department, City Hall, when the privy has been brought up to the standard. Every part of the privy must be kept scrupulously clean, and frequent inspections will be made to see that this requirement is carried out.

The city will remove the night soil and clean and disinfect the buckets as provided in Section 464 c. Bourne's Asheville Code, and make a charge therefor of seventy-five cents per quarter in advance against the owner of the closet as provided in Section 464 d. Bourne's Asheville Code:

Sec. 1. That Bourne's Asheville Code be amended by adding the following Sections thereto:

Sec. 464 a. That all privies or surface closets in said City of Aheville shall be thoroughly cleaned and disinfected at least once in every fifteen days.

Sec. 464 b. That no person shall, in said City, deposit any human fecal matter in any place except in some properly constructed privy or water closet, nor shall any person, having removed the contents or any part thereof of any privy or surface closet in said City, deposit, place or bury it anywhere other than in a dumping station erected and maintained for that purpose.

Sec. 464 c. That no part of the contents of any privy or surface closet shall, in said City, be transported through or over any streets or highways, except as the same shall be removed and transported by means of some tight-covered receptacle or apparatus, pnuematic or other process, so sa to to prevent the contents from being agitated or exposed to the open air during the process of such removoval or transportation.

Sec. 464 d. That all persons owning property on which is located privies or surface closets, in said City, upon their failure to clean or have cleaned any such privy or closets as herein required shall pay to the City of Asheville in advance the sum of Three Dollars a year, payable quarterly, for cleaning the same.

Sec. 2. That any person or persons violating and of the provisions of this ordinance shall, upon conviction, be subject to a penalty of Twenty-Five Dollars.

Milk Test for Retail Dairies

	B. F., PER CT.	S. J. G.	T. S	BACTERIA
Biltmore Dairy	5	1.032	14.3	5,100
Violet Dairy	5.6	1.0296	14.4	13,300
Sunset Dairy	4	1.0325	12.8	14,360
Anandale	4.8	1.020	13.4	18,600
Fenner Farm	4.0	1.033	13.3	22,000
Edgewood	5	1.033	14.3	25,000
Laurel Springs	4	1.031	12.8	26,500
Dryman's	4.6	1.033	14.2	26,500
Melrose	6	1.0395	14.5	27,700
Mountain Range	5	1.031	13.9	29,000
Oak Springs	4.6	1.029	13.000	5,100
Redmond	5	1.032	14.2	31,600
Morris	4.2	1.032	13.2	33,000
Woodfin	5	1.032	14.2	40,000
Oak Grove	4	1.033	13	44,500
Horst Farm	5	1.030	13.6	45,000
White Pine	5	1.033	14.3	53,000
Sevier	4.8	1.029	13.4	51,000
Reed Farm	4.2	1.033	13.4	53,000
Randel	5	1.029	13.6	55,000
Ed Smith	6	1.0295	14.6	60,000
Middlebrook	5.4	1.033	14.8	113,000
Sharpe's Dairy	5	1.031	13.9	13,500

Wholesale Dairies

Dillingham	4.2	1.031	13.0	17,800
Elmer Carter	4.2	1.032	13.2	18,700
Rex Brown	4.8	1.031	13.8	19,600
Calloway	3.8	2.82	11.8	20,000
Swain	4.8	1.031	13.6	21,000
Scarborough	6	1.0296	14.7	27,200
Dockery	4.5	1.027	12.3	28,800
J. V. Baird	4.2	1.032	13.2	30,000
Griffin	4.2	1.031	13.00	30,000
Carter Brothers	4	1.032	13.00	36,000
C. C. Greenwood	4.8	1.031	13.6	37,100
Nettles	4.8	1.029	13.4	38,000
O. Baird	4	1.030	12.5	38,000
W. A. Baird	4.8	1.0295	13.5	45,000

THE
AMERICAN HOME
SCIENTIFIC SANITATION
GOOD HEALTH
DEATH
DISEASE
A.M.A.
PREVENTIVE LEGISLATION
AMERICAN MEDICAL ASSOCIATION CARTOON SERIES

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 30 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. July, 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates

"DIRT and filth accumulate. Cleanliness does not. It requires eternal vigilance and labor to maintain clean and healthful surroundings. But it pays to have a clean, attractive neighborhood; pays in dollars and cents and in pride, joy, self-respect, health and beauty."

"THE man of tomorrow is a product of the child of today; and the child of today is a product of school conditions under which he spends about one-half of his working hours. Those conditions are pretty definitely under our influence." Are we giving this subject the attention it deserves?

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
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L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

THE STATE BOARD OF HEALTH.

At the session of the State Medical Society in Moorehead City on June 18th, Dr. A. A. Kent of Lenoir and Dr. Cyrus Thompson of Jacksonville were elected members of the State Board of Health for six years. It was the general opinion of the members of the Society that a better selection could not have been made and we are quite sure that this opinion will be concurred in by the many citizens throughout the State who know these gentlemen.

The importance of the State Board of Health has increased rapidly these last few years. One can hardly imagine the wonderful change of sentiment in regard to the prevention of disease that has taken place throughout North Carolina in the last six years. The State Board of Health, and its efficient Secretary, Dr. W. S. Rankin, has done its full share in creating this sentiment, but it has had able assistance from every quarter of the State. If the physicians, teachers, preachers and citizens generally, men and women who are interested in health work and the prevention of disease in North Carolina were gathered together in one body it would be without any reason of doubt by far and away the largest assemblage ever seen in our State and to a large portion of this great army is due credit for the dissemination of information in regard to the prevention of disease.

The members of the legislature, who are ever ready to take instruction from the voters, have received their orders and executed them with fidelity, i. e., they have felt the pulse of public sentiment and have moved forward in their appropriation to the State Board of Health and in their improvement of the laws in regard to public health in this State, and are to be commended for the progressive stand they have taken. While there is much left yet to be done and while the legislature in 1915 will have to move forward again, yet, as I say, the legislature of '11 and '13 "saw their duty and done it" in regard to public health.

All these things make the work of the State Board of Health of very much greater importance than it was ten years ago. No, not of greater importance, but the increased opportunity for doing good for our people on account of the improved laws and increased appropriations adds very much greater responsibilities and opportunities to the State Board of Health than obtained ten years ago. We would not be true to ourselves then unless we placed our best men upon this Board.

* * *

President Munroe's Address, Annual Session Medical Society, State of North Carolina.

Dr. J. P. Munroe, President of the North Carolina State Medical Society, delivered a most able address at the beginning of this meeting, which is

known as the President's Address. It may not be amiss to say here that Dr. Munroe not only delivered an able address but was one of the best presiding officers any asssembly ever had. Considerable space in the address was devoted to public health matters and we take the liberty of quoting below several extracts therefrom. We appreciate very much the kindly reference to us and to our Health Department and to our city and trust that we deserve the good things the genial doctor said about us.

Pure Milk Supply

"The subject of pure milk supply is one that few of our Municipalities have taken hold of in earnest. Asheville, under the leadership of our fellow member, Dr. L. B. McBrayer, has accomplished more in this line than any other city in the State, so far as my information goes. Recently he has made arrangements, by which the city has secured certified milk for those customers who are willing to pay the price, which is 60 cents per gallon.

"This certified milk must contain a bacterial count of 10,000 or less to the c. c.

"Very shrewdly the health authorities do not impose a maximum count at which they refuse milk. In order to induce the dairymen to furnish the best posible milk, a wholesale depot has been established, which buys from the dairymen and pays for it according to the bacterial count. The plan is this: The regular price for milk was 18 cents per gallon by wholesale. Now the milk depot man says to the dealers; we will pay you 20 cents per gallon if your milk shows a count of not more than 20,000 bacteria per c. c. From 20,000 to 40,000 we will give you 19 cents; from 40,000 to 60,000 18 cents; from 60,000 to 90,000 will penalize you 1 cent andgive you only 17 cents per gallon. Counts above 90,000, we will not buy at all.

"We should impress it upon Municipal Authorities, the general public and our Health Officers everywhere, that milk of acceptable quality cannot be secured unless the proper attention is given to every detail, including the character of the cows furnishing it, regular inspection of same and proper care of the cows, the proper cleansing of the cows before milking, proper attention to the vessels, to the health and to the cleanliness of the milkers. Follow this with proper care of the milk, so as to prevent contamination by flies, impure air, etc.

"There is a mistaken idea that milk can be run through a machine that will seperate the trash, dirt and other debris, and then through a pasteurizer to destroy pathogenic bacteria, and that thus a pure and acceptable milk can be produced. Your President had the privilege, somewhat recently, of pasing through a milk handling establishment that seemed to be modern and up-to-date in every particular so far as the methods inside of the establishment were concerned. A milk separater removed enough of the foreign material to make one feel that the milk was pure and wholesome without any further treatment; but to make assurance doubly sure, it was then put into a pasteurizer, where with the heat nicely regulated and the time properly spaced according to scientific rules, it was presumed that a thoroughly wholesome milk would be brought forth. Furthermore, by careful screening, all flies were excluded from the establishment, and an excellent mechanical device transferred the milk into bottles without allowing it to come into contact with the air. These were hermetically sealed, and placed in a refrigerator, ready for distribution. The speaker drank some of this milk, and he would naturally feel a certain degree of safety in doing so. He also saw with some satisfaction a "Babies Milk" prepared in the same establishment and with elaborate care, but lo, when the samples of these two kinds of milk were passed into the testing laboratory,

what was the result? It was, that in "Babies Milk" there was 440,000 bacteria to one c. c.; in the adults milk, 1,600,000 to the c. c. In other words every time the innocent babe swallowed a teaspoonful of his specially prepared milk, he imbibed with it, 1,760,000 bacteria, and in the ordinary glassful swallowed by your President, he was called upon to digest 6,400,000 bacteria.

"This milk, gentlemen, was collected from a large number of dairies with no supervision. It was treated scientifically in the milk establishment, but in spite of this care and treatment, it remained a milk unfit for use.

Municipal Regulation.

"I have called attention especially to the milk supply and its inspection, and would like to dwell on other phases of the subject, especially meat, but what applies to one applies to all. I do not expect nor do I advise any municipality to adopt the best methods all at once.

"To attain this, the public must be educated, the physicians must be in sympathy and lend their support to the movement.

"This is well illustrated by the history of the movement in certain cities of our State in comparison with the work in Asheville.

"Several years ago, my friend and colleague, Dr. Faison, accepted a position on the Board of Aldermen of Charlotte with the special purpose of advancing health conditions. Under his leadership the city adopted a system of health laws that was too modern to be acceptable all at once. The Doctor was several years ahead of his time.

"Our people were willing to be clean but Dr. Faison took the hide off in the first scrubbing. They did not wish milk from cattle infected with tuberculosis, but there was a reversion of feeling when some of the largest dairymen were practically put out of business by the condemnation of their herds.

"Dr. Faison waged a hard but winning battle as long as he remained on the Board. But with the change of the City Adminstration came a relaxation, and less restrictive laws were enacted.

"I heard on yesteraay at the health meeting here, an interesting paper and discussion on the lack of harmony and perfect success of health regulations in some of our Eastern Carolina Cities.

"I am not sponsor for the good people of these towns nor for their Health Officers, but I think it quite probable that there too and effort has been made to progress too rapidly.

"Here again I may be permitted to call attention to the Asheville Method. Their officers worked gradually, feeling their way, educating the public, advertising their plans with the result of work accomplished at each step, and above all taking care to have the Medical Society behind them and making no important step without their backing. In this way Asheville has outstripped every other City of the State and her people and physicians are not only harmonious but actually proud of their record.

"If I may use a homely illustration—when as a boy in Eastern North Carolina, I attempted to jump across the murky streams found in this region, I frequently fell short of the mark and got stuck in the mud where water slowly flowed around me and the sticky marsh held me.

"Is it not probable that some of our ambitious Sanitarians in the Eastern Towns attempted to make their first leap too far and instead of clearing the streams, got stuck in the mud and have been floundering there since?

"The agile mountaineer, however, was not so ambitious. He stepped from stone to stone in his beloved mountain stream, persuing perhaps a somewhat tortuous route, but always advancing, sometimes getting his feet wet, and maybe resting awhile if the water seemed too deep, but as the mountain torrents subsided, as they of-

ten do rapidly, quickly he pressed forward again with his eye on the solid rock of the healthy shore which he has now practically reached."

LARGE CORPORATIONS BEGINING TO PROTECT THE HEALTH OF THEIR EMPLOYEES

The press despatch which follows, sent out from Richmond, Va., is self explanatory: This is the first large corporation to take up actively and systematically the prevention of disease among its employees. We predict that many others will rapidly follow this excellent example, and that in a few years, very few, the systematic and thorough work by competent men for the prevention of disease among employees of corporations, factories, etc., will become an important part of the routine of these corporations. A better man than Dr. Doty could not have been selected.

DR. DOTY MEDICAL DIRECTOR OF THE EMPLOYEES FUND

New York Surgeon Selected By American Telephone Company to Take Charge of Benefit Work.

(Special to Daily News.)

Richmond, Va., Jan. 27—Alvah H. Doty, formerly health officer of the port of New York, has been appointed medical director of the employees benefit fund committee of the American Telephone and Telegraph company, the Western Union Telegraph Company and the Western Electric Company in connection with the administration of the new pension and sick benefit plan for employees of the allied corporations.

There will be established gradually by the companies a system of medical supervision and preventative sanitation designed to preserve the health of the telephone and telegraph army.

This undertaking on so large a scale —the companies have nearly 200,000 workers—inaugurates a new era in the relations of employer and employees.

Theo. N. Vail, president of the American Telephone and Western Union companies in announcing Dr. Doty's appointment, said "It is intended that the medical department shall have wide range in its activities, in addition to the usual functions of such a department, it will devise and carry out various methods of health protection known as preventative measures." So far as practicable, we shall seek the early detection of diseases particulary those that are communicable; notably tuberculosis, and arrange for their prompt removal, care and treatment This not only offers a far better chance for the patient's recovery, but also protects other employees. Preventative measures also will include sanitary conditions in offices and workshops, such as proper lighting, good air, pure water, safe plumbing and the discontinuance of articles in general use which are believed to be agents of infection.

By various plans and practical methods, employees will be instructed in hygiene and sanititation and we hope that the information thus gained will extend to the homes and to the public generally.

Modern sanitarians know that the public health is best maintained by prevention rather than by treatment of disease after it develops. The measures we plan are of inestimable value not merely in the interest of our company but also in public education on sanitation subjects for our employees are everywhere in the United States, even in smallest towns.

Supervision by the medical department over sick and injured does not necessarily mean that the companies are to furnish medical attention for those who are disabled, but so far as possible they will aid in securing

prompt and skilled treatment for employees.

Arrangement will be made with hospitals throughout the country for prompt reception of those who may decide upon this form of treatment. Medical representatives will be selected to deal with the various conditions and emergencies that may arise in connection with this branch of service.

The various measures outlined will be carried out in a reasonable way and without undue haste for haste often involves unnecessary expense and with but little benefit to employees.

This undertaking in accord with modern sanitation will also benefit the companies as it intends to do; it provides mutual protection and co-operation between employees and employer. It insures far better and less interrupted service and constitutes an economical factor in the interest of both parties."

"One of the greatest assets of any country is the vital efficiency of its citizens—to secure the greatest possible national efficiency, economic and moral, it is necessary to reduce to a minimum the annual loss through disease."

ECONOMY, NOT PHILANTHROPY

"Business men are learning that well-fed, well-clothed, contented and happy men and women, working in well-lighted, well-ventilated quarters and on schedules arranged in accordance with modern knowledge turn out more work and better work than underpaid discontented, over-worked help working under uncomfortable and unsanitary conditions. In many places large corporations are to be found spending money liberally in playgrounds, rest rooms, libraries, gymnasiums, sanitary lunch rooms, moving picture shows, safety devices, ventilating systems and similar undertakings for the wellbeing and enjoyment of their employees: and this is not charity, but good common business sense."

A PLAIN TALK TO THE BODY POLITIC

"You promptly and generously responded to the call of humanity in the tragedy of the iceberg with beautiful words of sympathy, with money for relief, and with a demand for better life-saving service on the sea.

But how about your life-saving service on land? For instance:

1,635 lives were wasted in one day by the Titanic disaster; 1,731 are wasted every week by violence in the United States; 2,885 lives are wasted every week by tuberculosis,—in short, 1,780 lives are lost every day from preventable disease.

You have undertaken through your laws and your officials to guard these lives from preventable death. You have failed, through neglect, and are, therefore, primarily responsible for their destruction.

Is this daily tragedy of these 1,780 wasted lives any the less real, or less worthy of your attntion, because it is obscured in the quiet of hundreds of sorrowing American homes, scattered throughout the land?

We may all rejoice over the progress you have so far made in life conservation.

But do not compare your present efforts with the past alone.

Compare them with the enormous life waste that is still going on, and you will find that notwithstanding your progress, you are now merely trifling with this great problem of life and death, for still—

An American dies every minute from preventable cause.

You are willing to jeopardize human life to save time and money—but you give little time or money to save human life.

You pinch down your health appropriations and make your health officers and interested citizens beg, struggle or fight for nearly every penny you give

them to improve your live-saving service.

Many a good health officer is 100 per cent efficient and only 15 per cent effective, because—

You prefer a high death rate to a trifling increase in the tax rate.

You want high class, capable medical men to serve you as health officers, and yet, as a rule the encouragement you give them, and the salaries you pay them, are almost microscopic and should bring the blush of shame to every tax payer in the community.

Is it any wonder that some health officers give up the struggle and follow the line of least resistance?

There is not an adequately equipped or supported health department in the United States.

There are still scores of prosperous towns and cities which have virtually no public health service at all.

Does all this sound too strong? If so, investigate — and note again: "That an American dies every minute from preventable cause."—Conservation Department Equitable Life Ins. Co.

DOES IT PAY?

"The production of milk is purely a business proposition and it is hardly to be expected that any producer will be interested in producing clean milk unless he can obtain a fair recompense for the time involved and capital invested and it is an evident injustice to compel him to assume additional expense, labor and detail, involved in the production of clean milk and then refuse to pay him for it."

* * * *

"Milk is the almost exclusive food of infants; the average baby drinks 500 qts. of milk in its first year."

* * * *

"Measures of prevention are aimed at the few who are careless and who by their negligence endanger the lives of the many. In the case of milk, one producer's dirty milk poured into the receiving tank in the city poisons all the milk in the tank."

* * * *

"Cow dung as an addition to beefsteak would be abhorred as a condiment in dressing, as a salad its use would not be countenanced, in beer or champagne it would be an efficient aid to temperance, yet its presence in milk is daily countenanced, provided the insoluble portion is removed by the dairyman or milkman by some training device. But the straining does not remove the harmful portion, namely that which has gone into solution and which once in the milk can never be taken out."

* * * *

"The exercise of reasonable care by the producer will reduce the amount of bacteria in his milk very materially. Model farms are not demanded nor frills of any kind; only plain, ordinary inexpensive cleanliness. This is what is necessary to prevent death and disease."

* * * *

"The ease with which milk may be adulterated makes the liability of the abuse in this case greater than in that of other food products. This adulteration has probably added very little directly to the cost of living, but the economic cost to the community by reason of illness and death resulting from impure milk is very great. The average typhoid death rate in cities of the United States is 25 per 100,000; of this, probably 25 per cent is due to impure milk. Typhoid is only one of various contagious diseases which are spread by this medium of infection."

* * * *

"As the world advances and popular intelligence increases, more and more care will be taken in the milk supply, more and more confidence will be felt in it by the consuming public, and, as a result, larger and larger quanities will be consumed. Progress will help both consumer and producer."

Milk Test for Retail Dairies

	Bacterial Count, Av.	Specific Gravity.	Butter Fat.	Total Solids.
Biltmore (Certified)	1,200	1.0315	4.6	12.6
Biltmore (Market)	10,000	1.033	4.5	13.8
Violet	12,000	1.032	5.4	14.5
Redmond	12,000	1.030	5.	13.6
Wildwood	15,000	1.030	4.6	13.2
White Pine	32,000	1.031	4.8	13.5
Oak Grove	38,000	1.032	4.	12.8
Sevier	32,000	1.029	4.2	12.9
Annandale	40,000	1.032	4.5	13.5
Edgewood	42,000	1.030	4.6	13.2
Dryman Mt.	44,000	1.032	4.5	13.6
Melrose	44,000	1.029	4.5	12.8
Laurel Springs	45,000	1.029	4.6	12.8
Fenner Farm	46,000	1.032	4.2	13.2
Oak Springs	52,000	1.032	4.6	12.8
Sunset	58,000	1.032	4.2	13.2
Randal	61,000	1.0295	5.	13.6
Pleasant Hill	65,000	1.028	5.	12.7
Horst Farm	70,000	1.032	4.6	13.5
Dockery	81,000	1.030	4.3	12.6
Middle Brook	106,000	1.030	5.	13.6
Reed Farm	109,000	1.030	5.	13.6

Wholesale Dairies

Park Farm	11,000	1.031	4.2	12.9
Rex Brown	13,000	1.0715	4.	13.2
Scarborough	17,000	1.032	4.2	13.4
Dillingham	28,000	1.0295	3.8	12.2
Swain	29,000	1.0315	4.2	12.8
Griffin	31,000	1.0295	4.2	13.6
Nettles	34,000	1.032	4.	12.8
Carter Bro.	39,000	1.0315	4.	12.6
I. V. Baird	44,000	1.030	4.2	12.6
Elmar Carter	47,000	1.030	4.3	12.7
W. A. Baird	59,000	1.0295	4.	12.2
Calloway	69,000	1.0296	4.	12.3
Morris	73,000	1.0295	4.3	12.5
C. C. Greenwood	76,000	1.033	4.	13.5
O. Baird	85,000	1.029	4.	12.2

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 31 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. August, 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates

THE STATE, the City, the County, has recognized the danger from fire in school houses but has failed to see the still greater danger and even death from unhealthful conditions in the school houses.

—Harry Howell,
Supt. City Schools, Asheville

THE COMPULSORY Attendance School Law, statewide in its application, should and does carry with it the obligation to furnish safe and sanitary surroundings for the children.

—Harry Howell,
Suptr City Schools, Asheville

IT COSTS $1,700.00 to fire some of the big guns of the Navy one time. We wish we could get what it costs to fire a gun twice in the Navy to pay a County Health Officer for a year.

HealthDepartment City of Asheville

BOARD OF HEALTH.

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B. M. LEE, City Engineer.
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W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
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W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

THE PROVINCE OF A CITY COUNTY OR SATE: THE BEST PUBLIC HEALTH LAWS AND THEIR ENFORCEMENT PROVIDED FOR.

The legislature of 1909 in the State of Ohio passed certain health laws which were resisted by certain parties and the case was finally appealed to the Supreme Court. In regard to the necessity and advisablility of such legislation, Judge Johnson who wrote the opinion says: "This law was passed in response to an intelligent public sentiment which was formed in the light of gratifying advances in medical science in recent years. The legislature in the enactment of the law exercised the police power which belongs to it as the depository of the sovereignty of the State, and in the performance of its duty to provide for the health, safety and best interest of the people. It was an effort on the part of the legislature to provide a plan for arresting the advance, and, if possible, for the extermination of a dreadful disease."

From the above it is perfectly apparent that the American people are rapidly realizing the importance and the value of human life and are anxious to use all known means to protect it.

THE BOARD OF HEALTH OF DURHAM EMPLOYES A NURSE FOR ALL HER TIME.

The Board of Health of Durham has elected a nurse to devote her entire time to work among the poor. She will not only look after those who are sick and unable to employ a nurse, but will also act as general instructor in sanitation in these homes and where there is contagious disease, and perhaps, if they have school inspection do the follow up work of inspection so much needed after diseases have been diagnosed by the physician doing the school inspection, all of which work is under the direction of the health officer. This is a very important step forward and we congratulate the city of Durham on her Board of Health.

GREENSBORO COMING TO THE FRONT.

Dr. J. T. J. Battle and Mr. E. P. Wharton have had themselves appointed assistant health officers, without pay, and are making a vigorous campaign with visible results against the mosquitoes and the flies. Dr. Battle, after making a thorough investigation, estimates that malaria cost the people of Greensboro $63,000 last year, and declared that a $3000 man could save the city $50,000 this year and $90,000 next year.

It is a shame that such $10,000 men as Dr. Battle and Mr. Wharton should have to give months of their valuable time without remuneration to get the people of their city to appreciate the importance of ordinary cleanliness—because flies breed in filth and mosquitoes in stagnant water and ordinary cleanliness will prevent either.

We are fortunate in Asheville in not being bothered with mosquitoes to any appreciable extent, and therefore we start out, according to Dr. Battle's statement, $63,000 to the good, on the public health basis, over our neighboring city of Greensboro.

GUILFORD COUNTY HAS A FARM DEMONSTRATOR FOR ALL HIS TIME.

This demonstrator receives a respectable salary. I believe that the county commissioners, aided by our board of trade and the Chicago Corn and Wheat Agency, has employed a farm demonstrator for all his time in Buncombe.

Guilford County also has a whole time county health officer with a salary of $2500 a year. Buncombe has not a whole time county health officer but needs one very badly. Our county commissioners have agreed to pay $1800 of the salary and we are now waiting on the board of education to come across with their $700.

ONE AND ONE-HALF BILLION DOLLARS LOST ANNUALLY.

Preventable diseases to-day causes huge economic losses under two general groupings. Through illness they keep expert workers at home, thereby robbing them and the world of a part of their product. By death they cut short the careers of many persons who are in their economic prime. Think what the adding of but five years to the lives of men who now die at 45, 50 or 55 would mean in additional service and economic output—five more years of productive activity without the loss and waste involved in shifting their burdens to workers new and untrained. The present financial loss in this country through untimely deaths is only partly indicated by the five hundred million dollars paid out in death claims, etc., every year on life insurance policies. Dr. Allan J. McLaughlin of the United States Public Health Service recently stated in an address before the Association of Life Insurance Presidents, that in the matter of typhoid fever alone the number of preventable cases each year in the United States would probably reach 175,000 and that the deaths therefrom that could be avoided would total 16,200. He estimated the economic loss from this one disease at not less than one hundred million dollars annually. The report of the National Conservation Commission on National Vitality states that the economic waste from **preventable deaths** every year in the United States is about **one billion dollars** and that the economic waste from **preventable illness** is **five hundred million dollars** every year—making a total annual economic loss of one and one-half billion dollars, or **more than enough to pay the entire expense of the Federal government.**

"Human Factor."

FINED FOR SELLING SKIM MILK WITHOUT SO LABELING IT.

A milk dealer in New York City has recently been assessed fines amounting to $16,800.00 for selling skim milk without any label showing that it was skim milk or that it was not whole milk. The law in regard to the same was carried up to the Supreme Court and held to be constitutional. Our people should be glad that we have come upon a time when people who have things to sell are not allowed to fool those who buy. This idea has only been prevalent for

a few years and will be extended from time to time until ere long it will include everything sold not even excepting patent medicines.

WOMEN AIDING HEALTH WORK

"One of the biggest health movements ever undertaken in America, it is interesting to note, is now enlisting the earnest support of the women of this country. It is in fact more or less depending upon their support This movement is an effort to improve the health and efficiency of our 20-000,000 school children, and the cooperation of the women of America is being furnished in a number of ways namely: as school teachers, again as physicians and nurses, as mothers, and still again through those numerous organizations in which women play an important part—organizations like the school improvement association, the parent—teachers association, school boards, mothers' congresses, and the several thousand women's clubs of the General Federation of America.

In this connection it might well be said that no particular field or work in the line of health improvement offers a better opportunity possibly than a movement for the betterment of the schools of today. No problem is more vital to the mother certainly than the care and protection of her children while they are beyond her sight. All children go to school, but the conditions under which they go to school—are they what they ought to be? Is the school room properly heated? Is it well ventilated? Are the sanitary conditions surrounding the schoolhouse such as they ought to be? Are the other school children carriers of disease. Is the school session too long? Is the mental conditions of the school children taken into consideration when it comes to the hours of study? These are questions which can be asked by the women of any com munity."

HEALTH THE CHIEF PROPERTY OF AVERAGE CITIZEN.

The principal of protection of property by the State is well defined. No citizen feels any sense of dependence or shame when he demands that his house be protected from fire at public expense, or that he be safeguarded from robbery by police paid from public funds. This principle is now being extended to cover his health and those things which directly contribute to it. Economic conditions are forcing us to realize that health (which is another term for physical fitness for work) is the chief property of the average citizen, and that he has the right to demand public protection for it. Once this priciple is recognized, the new possibilities for legislative control present themselves in great variety. Unfortunately, the citizen who advocates this view of health as a tangible property to be protected at public expense and by mandatory requirements for the sanitation and regulation of various enterprises does not always simultaneously realize that he has many responsibilities in return for this protection.

Public protection against fire is provided at small individual expense, but the citizen finds that in obtaining this protection he has been obliged to accept a limitation of his personal liberty. He can no longer string electric wires about his garret to suit himself; he must follow an ordiance and pay for an inspection to see that the work has been so performed as to eliminate the risk of fire. He finds that he can no longer heat his house as he chooses, but must comply with another ordinance. He cannot build a rubbish fire when and where he wishes; there are regulations on the subject. Inevitably the same principle holds in developing health protection at public expense.

The State's, the city's, the county's task is to determine how far and in what directions the protection of health

(defined as property) is desirable and how far restriction of individual liberty is justifiable in attaining the desired result."

California State Board of Health.

KEEP CLEAN

"Keep all food stuffs clean, and only accept them in such a condition from your dealer. Keep yourselves clean. There is nothing keeps us better physically than frequent bathing. Keep your house clean, and this cannot be effected until all insects, especially flies and mosquitoes, are exterminated. Do not over indulge in eating or drinking. Do not sit in a draught, especially when partly disrobed and when perspiring and fatigued. By observing these few precautions you will often save health, life and increase your bank account..'.'

Buletin Lynn Board of Health.

SCHOOL INSPECTION.

"Gaps are inevitable between plans for medical examination and work done. Everywhere it is the same story. After (1) a large number of examinations, comes (2) a more or less vague belief that examinations should be continued, and then an increasing realization (3) that examination without correction may not be worth while, and (4) that correction cannot be proved without re-examination. Hence (5) the school nurse and (6) follow-up work to enable parents "to understand he serious nature of troubles brought to their attention" or to correct "sanitary conditions in the homes to which the children return." Hence, too, (7) more efficient supervision and finally, (8) repeated demands by the school superintendent either for more facilities outside of school for treating children or for facilities under the school roof for testing eyes, cleaning and repairing teeth, etc."

Anomyrnous.

ONE CENT A DAY FOR HEALTH.

"Every one has been interested in the wonderful work being done in Panama in the construction of the canal. Startling as have been the results of the work of the engineers and builders, the work of the Sanitary Department has been even more wonderful. In a region noted as the most unhealthful in the world, in which our predecessors, the French, were unable to succeed because they could not keep the workers alive, American Army surgeons, by the use of scientific facts known to all, have succeeded in lowering the death-rate among American residents far below that of our most favored American communities. According to Colonel Gorgas, the chief sanitary officer of the Canal Zone, the death-rate for 1911 among 10,489 Americans was only 4.48 per thousand. While this result has been mainly due to the control of yellow fever and malaria, and while it is true that the American population consisted of picked individuals, largely of educated men and women in the prime of life, yet even with all these conditions recognized, the record is a remarkable one, and is probably without a rival. And all this, says Colonel Gorgas, has been accomplished at an expense averaging one cent per day for each individual. If this result can be secured at this cost in the center of a tropical jungle, what would not a similar expenditure do for our American cities? One cent a day is what the average American pays for a daily newspaper. It is one-fifth the cost of one five-cent cigar. It is one-fifth the price of a daily street-car ride. It is one-fifth the cost of admission to a moving-picture show. It is one-fifth of what we pay for a glass of soda-water or a package of chewing-gum. Who would say that the expenditure of this amount would be any burden to this rich and extravagant nation? And yet

it is the cost of life itself. Is one cent a day too much to pay to protect the life and health of an American citizen?" Journal American Medical Association.

SCHOOL HYGIENE.

"The Commonest Common Sense would vouchsafe for little children sound bodies in which to develop sound minds; yet 600,000 of them are tuberculous or thin blooded, many have the American ailment, neurasthenia, as badly as their parents; one-fourth of them have eyes that see not or do so at the cost of pathetically painful effort; 1,000,000 of them have ears that hear little or not at all; as many have deformities; one-quarter, being either starved or injudiciously fed, naturally suffer mental indigestion; 30 per cent have unhealthy noses and throats—the mouth breathers, the "dunces" and "vicious" children, who need only the removal of these handicaps to become well behaved and bright scholars; 50 per cent have bad teeth and unclean mouths, which invite infections that spread rapidly among children who, by conveying them home, disseminate epidemics. How absurd to vaunt our public schools as the best ever when three-fourths of the scholars in them need to have bodily ailments attended to! Much has been done to remedy these serious evils; yet obviously the work has only begun. And when the job concerns 20,000,000 children, anyone must see that it has to be gone about in a vast and epic way; men and women teachers, nurses, doctors, sanitarians, builders, and statesmen must together plan wisely and work earnestly in some great and enduring organization, so that every community in the land may benefit by their labors for adequate school administration, in suitable schools, and for medical supervision of the immature occupants. All who have a tender solicitude for children, all anxious for the best development of their offspring's vitality and growth, who realize that the health of the school child is a fundamental essential to the health and stability of the State —of whom there are assuredly several score millions of us—all such must be profoundly and should be actively interested in this work."

—Collier's

The above is just as true for Buncombe County as it is for the United States. And here we are endeavoring to begin the much needed work by employing a whole time County Health Officer.

OUR NEW SUPERINTENDENT OF SCHOOLS.

The article in this bulletin on the medical inspection of schools by Mr. Harry Howell, the Superintendent of our City Schools succeeding Mr. R. J. Tighe, shows that he is thoroughly alive to the most important matter in the life of a child, to wit: it's health. He is equally alive and progressive when it comes to the matter of school administration. Asheville has cause to feel proud of him, and we all join in giving him our most hearty welcome and this is to assure him that the Health Department will co-operate with him in every way possible for the advancement of the interests of the school children of Asheville, and we must have school inspection here.

If you don't read anything else in this bulletin read Professor Howell's article.

MEDICAL INSPECTION OF SCHOOLS.

Asheville has cause to be proud of its achievements educationally. It founded public schools early in its development from a village and has sup-

ported them with commendable generosity. In return for that support, the city has insisted on good teaching and strong administration; and insisted with such success that the Asheville schools undoubtedly have a better reputation than any other schools in North Carolina.

The last long stride forward was the adoption of compulsory school attendance. The manner of its adoption and the effectiveness of the measure still more emphatically marked Asheville as the leading school community of the State. But another step must be taken before the claim can be established either that the schools are thoroughly modern or that they are meeting their duties and opportunities. They must adopt medical inspection.

By medical inspection of schools is usually meant the discovery and reporting of the physical defects of the pupils. The startling facts disclosed by inspection in hundreds of schools have demonstrated beyond question that the majority of children have unsuspected physical defects, most of which can be easily remedied. It has also been demonstrated that the removal of the defects has a pronounced effect upon the mental as well as the physical growth of the children. Therefore, merely from the teaching and learning standpoint it pays to put the pupils in proper physical condition.

Medical inspection not only could correct physical ills but could prevent them as well. The school is the most successful agent in spreading certain familiar childish diseases. The medical men tell us now both that these familiar diseases are by no means as harmless as they have been considered, and that they can be prevented more easily than is supposed. Medical inspection would accomplish the prevention of these diseases, as well as many which are already admitted to be serious. I do not believe that we have any right to compel children to attend the schools and there subject them to danger from illness. The State has recognized the danger from fire in school houses, but has failed to see the still greater daily danger and even death from unhealthful conditions in school houses. The compulsory attendance law, State-wide in its application should carry with it the obligation to furnish safe and sanitary surroundings for the children.

This inspection of the pupils is done sometimes by the teachers; but in order to be really effective it should be done by a trained physician. It would be his duty to find the troubles and report them to the parent, with recommendation that the family physician or a specialist be consulted. He would also inaugurate a system whereby the presence of contagious diseases would be known at a school and their spread prevented. In addition to the physician, a few cities notably New York, have employed school visiting nurses, who call at the homes of the sick pupils, advise with the mothers about the welfare of all of the children even down to the baby, and make suggestions about diet, clothing, sanitation of the home, and such highly important matters. I think that the visiting nurse idea is the most practicable one yet evolved for improving the healthfulness of the children and the homes, and I hope that we may be able to try it in Asheville.

These measures are the beginning of the conviction that the first duty of the community to the child is to assure it a chance, not, as we have been saying, to receive an education, but to grow to strong, vigorous, healthy manhood; that the first duty of the community to its citizens is to provide correct, sanitary conditions of living. I earnestly hope that the city schools of Asheville may do their full part towards realizing these duties.

HARRY HOWELL,
Supt. of City Schools.

Milk Test for Retail Dairies for July, 1913

	SP. GR.	B. F.	T. S.	BACTERIA
Biltmore Dairy	1.032	5.2	14.4	9500
Biltmore (Certified)	1.031	4.7	13.5	800
Violet Dairy	1.032	5.	14.2	11000
Randal Dairy	1.031	4.	12.8	25000
Anandale Dairy	1.032	4.	12.5	26000
Oak Grove Dairy	1.033	4.4	13.6	27000
Sunset Dairy	1.031	4.2	13.	27000
Laurel Springs Dairy	1.032	3.8	12.8	30000
Woodfin Dairy	1.0305	5.	14.2	36000
Sevier Dairy	1.032	4.4	13.4	40000
Dryman Mtn. Dairy	1.030	4.2	12.6	42000
Melrose Dairy	1.031	4.	12.6	46000
Middle Brook Dairy	1.031	5.	13.8	47000
Locust Grove Dairy	1.032	3.4	12.	50000
Mountain Range Dairy	1.0325	4.4	13.5	55000
Horst Farm Dairy	1.031	4.6	12.8	55000
Oak Spring Dairy	1.032	4.4	13.4	61000
Edgewood Dairy	1.029	4.6	12.8	66000
Wildwood Dairy	1.0296	4.6	13.2	73000
Fenner Farm Dairy	1.032	4.	13.	87000
Pleasant Hill Dairy	1.0315	4.4	13.3	90000
Reed Farm Dairy	1.031	3.8	12.5	102000

Milk Test for Wholesale Dairies for July, 1913

	SP. GR.	B. F.	T. S.	BACTERIA
Sharp	1.029	4.6	10.2	12000
Cleveland	1.029	5.6	14.	12000
Dillingham	1.029	3.6	11.7	16000
Nettles	1.030	3.8	12.2	17000
Swain	1.029	6.	13.4	22000
W. A. Baird	1.029	3.8	12.	30000
J. V. Baird	1.032	4.2	13.	34000
C. C. Greenwood	1.032	4.	13.2	35000
Calloway	1.029	4.	12.4	45000
Elmar Carter	1.029	3.6	11.6	55000
Scarborough	1.029	5.	13.4	62000
Carter Bro.	1.0295	4.	12.8	73000
Griffin	1.0295	4.4	12.6	120000

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 32 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. Sept., 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates

"WHAT man needs is not reform but regeneration."

—Gov. Marshall of Indiana

WE ALONE can generate the race—we alone can regenerate it.

GOD CREATED man in His own image. We are to continue this work of creation. We work together with God in the creation of mankind.

"I EARNESTLY hope that in the garden of earth the same knowledge, science and skill will combine to develop beautiful and happy human beings, and that the same tender care that has produced these lovely flowers will, in the near future, be used to develop radiant and beautiful children."

—Helen Keller

Health Department City of Asheville

BOARD OF HEALTH.

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B. M. LEE, City Engineer.
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EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION White - 15,000 / Colored 5,000 **20,000**

LETTER OF TRANSMITAL.

To the Hon. Mayor and Board of Aldermen, City of Asheville, N. C.

Gentlemen:

It is with pleasure that I transmit herewith a report of the Health Department of the City of Asheville covering the year, June 1, 1912, to June 1, 1913, and the three months, June 1, 1913, to September 1, 1913, this later to conform to change in date of fiscal year, from June 1 to September 1.

Respectfully submitted,
L. B. M'BRAYER,
Health Officer.

Our progress since last annual report:

Certified Milk.

With the co-operation of the Buncombe County Medical Society and its medical milk commission, we have been able to furnish "Certified Milk" to the citizens of Asheville and the strangers within our gates. This milk is furnished by the Biltmore Dairy, Dr. A. S. Wheeler, manager, and is being shipped to other towns in this state and in other states. "Certified Milk" is the last word in **clean milk** and represents the cleanest milk that science and aseptic technique can produce.

City Prison.

The city prison has been completely remodeled and rebuilt—a concrete floor with proper drainage, steel cages with two beds on the sleeping car style, water and sewer connections in each cage, plenty of heat, light and ventilation, make our new city prison a model so far as cleanliness and health are concerned.

First Aid Room.

In connection with the city prison on the floor below has been fitted up a "First Aid" room, where first aid is given to those who are brought to the prison suffering with minor injuries. This is complete in its appointments, having a concrete floor with drain, electric lights, hot and cold water, an instrument sterilizer heated with gas, an instrument table, solution stand with bowls, instruments and dressing cabinet, operating table, etc.

Market House.

The employment of Mr. Patton as assistant meat inspector and market house keeper has been a great improvement in our meat inspection service and perhaps greater still is the care of the market. The ceiling of the market which is now about completed will add greatly to its appearance, and cleanliness, and when a few other improvements in contemplation are completed we will have a market that will compare favorably with any in the South, and be a satisfaction and pleasure to the people of Asheville.

Culture Media.

Heretofore we have bought our tubes of culture media and sterile swabs, for making cultures from throats supposed to be infected with diphtheria,

this was not very expensive, but during the year amounted to quite a little sum. Our Mr. McCormick for some months now has been making all the culture media and sterile swabs that we use, in our own laboratory and the same has proven entirely satisfactory and we are thereby saving the whole amount heretofore paid for this material.

Bacterial Milk Court.

This laboratory work that had been in operation only a short time when the last annual report was made has proved to be a great advantage both to the citizens of Asheville and the dairymen. The citizens can judge of the cleanliness of the milk they buy, a low count meaning cleaner milk and a higher count meaning dirtier milk; and it enables the dairyman to keep tab on his work and consult our milk inspector as to best methods of improving his technique. This has been done freely by most of the dairymen with the result that some of the dairies produce a milk with very low bacterial count. We publish in our monthly Bulletin the average bacterial count of all the dairies and next year we hope to publish the average for the year in our annual report. There were 1,638 of these examinations made during the year, June, '12 to June, '13, and 732 from June 1, '13 to September 1, '13, which latter would be at a rate of about 3,000 per year.

Hygiene of Tuberculosis.

The ordinance effective from June 1, '13, regulating and controling sanitaria, hotels and boarding houses, requiring them to have a permit from the joint Health Board before they are allowed to keep persons suffering from tuberculosis, and other provisions regulating expectorating and the disposal of sputum of tubercular people, is a progressive as well as a protective measure, and again places Asheville in the front in her protective measures against tuberculosis. The workings of the law in the main are satisfactory, and is now and will be of much value to our city, our people, and strangers and visitors, both sick and well, who may come here.

Health Department exhibits.

We have made the following exhibits:

International Congress on Hygiene and Demography, Washington, D. C., Sept., 1912. Our exhibit here was well received and our demonstration of the life cycle of the fly especially attracted a great deal of attention. This exhibit received a great deal of favorable comment, both during the congress and since. Many men of note pronounced it the best exhibit there, although there were many more elaborate and more costly, and only a few days ago we received a letter from a prominent health worker asking for some information suggested by this exhibit, and pronouncing it one of the best at the congress. The Committee of Awards of the congress awarded us a "diploma of merit" on our exhibit and the same now hangs in our executive office.

South Eastern Sanitary League, (Greenville, S. C., May, 1013.)

We made about the same exhibit here as we did at the congress in Washington, D. C., and the same was inspected by some 10,000 or more persons. In addition to the exhibit our Mr. McCormick delivered an address on the Habits and Harmfulness of the Fly, and your Health Officer delivered an address on The Proper Handling of Tuberculosis From a Hygienic Standpoint. Both addresses were well received. Mr. McCormick was elected a director of the League. The next meeting will be held in Columbia, S. C.

W. N. C. Fair.

We have made exhibits in connection with the W. N. C. Fair in 1911 and 1912, and are preparing an exhibit for 1913.

State Fair—We are preparing to send our exhibit to the State Fair this fall.

INCREASE OF WORK.

Our Laboratory.

The increase in laboratory work is very noticeable, from 418 examinations in 1911-12, to 3,540 examinations in 1912-13. The efficiency of the laboratory work is entirely satisfactory also. We are made to wonder how we ever got along without it.

Office Work.

The office work has also increased in one line from 20,555 pieces of mail matter sent out in 1911-12 to 36,539 pieces in 1912-13.

Street Sprinkling.

Street sprinkling and flushing has increased from 1,616 miles in 1911-12, to 1,950 miles in 1912-13, an increase of 337 miles over the previous year. We are now doing about all the flushing we can with the two flushers we have, running them about eighteen hours out of every twenty-four, and it is not probable that we can keep the streets as clean as they ought to be and as the people demand, during the next summer without the purchase of another flusher. This ought to be decided on at an early day, so that we may be prepared for next summer's work.

Meat Inspection.

The number of animals slaughtered for the city and inspected by our inspector has increased by 14,000.

Number of sanitary inspections have increased by 2,210.

And all this increase of work has been accomplished without any increase in salaries.

THINGS NEEDED.

Incinerator.

Under this head in our last annual report we spoke of the pressing need of an incinerator. We are glad to be able to state that the site for an incinerator has been bought, a road built to it, and an engineer employed to build it, and it is thought it will be completed and in operation by January 1, 1914.

Garbage.

A systematic collection of kitchen garbage, trash, manure, tin cans, etc., is needed. While we are collecting, as well as we can under our system, the trash, waste paper, tin cans, etc., yet this is not done to our entire satisfaction. It is intended as soon as the incinerator is running to install a new system of waste collection which will include the removal of all waste that occurs about a house, stable or yard.

Retiring Room.

This is a thing that is badly needed in Asheville, both for the health and convenience of the people who throng our streets. The chairman of the Sanitary Committee is especially interested in this and has been for more than a year, and we trust that it will soon be a reality.

School Inspection.

Our schools are in great need of a thorough, systematic medical school inspection. Statistics where they have had medical inspection of schools show that from 50 to 70% of all school children have one or more physical defects which retard to a greater or less degree the school work of the child to say nothing of the general effect upon the health and normal growth of the child. Wherever tried it has proved that the medical inspection saves the school fund in "repeaters" more than the cost. The Board of Education ought to take this up without delay.

Antivaccination Hospital.

(More familiarly known as the "Pest House.)

This is conducted by the city paying one-half of the expense and the county the remainder. They own a nice property on the river suitable in every way for the purpose, but the buildings are not such as needed and they are in

very bad repair. Recomendations have heretofore been made to the city and county administrations by the city and county health officers, and it is hoped that suitable buildings with suitable equipment may be provided at an early date.

Save the Babies.

The death of 39 white children and 32 colored; total 71, last year, under 1 year of age, and the death of 51 white and 40 colored; total 91, under two years of age, shows that the children in Asheville are not receiving the attention they are entitled to from their mothers and others in authority; considered with our splendid milk supply, makes it look all the worse for the mothers.

Dear Old Age.

Death took a heavy toll from the aged in Asheville last year. 14 deaths above 80 years; 102 deaths above 50 years; while the deaths under 2 years and over 50 were large in number, the deaths between 2 and 50 were unusually small in number, which speaks well for our Health Department. The deaths under 2 speak badly for the mothers. The deaths over 50 speak badly for the person himself.

Average Death Rate For Asheville.

The death chargeable to Asheville remains about the same as last year, for white population 8, for colored about 21.

STATISTICAL.

Contagious Diseases Reported and Quarantined from June, 1912, to June, 1913:

Diphtheria	77
Scarlet Fever	16
Smallpox	67
Measles	60
Total	220

Communicable Diseases Reported:

Typhoid Fever	17
Total No. vaccinations	1,053

Deaths From Contagious Diseases:

Diphtheria	3
Measles	1
Whooping cough	5
Total	9
Deaths from typhoid	0

Laboratory.

Diphtheria cultures made:

Negative	1,108
Positive	428
Total	1,536
Examinations for T. B.'s	21
" " Hookworm	24
" " Malaria	13
Other examinations	44
Total	102
Plates for bacterial count of milk	1,638
Chemical analysis of milk	264
Total	1,902
Grand total	3,540
Daries visited	205
Wagons stopped on street and inspected	1,401
Milk condemned for visible dirt	78 qts 17 pts

Abattoir:

Carcasses inspected	6,720
No. of lbs. condemned	7,180

Market house:

Carcasses inspected	7,797
No. lbs. condemned	7,994
Condemned calves, weight not given	3
Outside market inspections	553
Bakery inspections	31
Restaurant, hotel and lunch room	190
Miscellaneous inspections	154
Dairy cows tuberculin tested	689
Private	113
Total	802

Rooms fumigated:

City	1,653
For charity	121
For county	133
Total	1,907

No. dead animals moved	3,455
Trash, earth, leaves, etc, hauled	5,530
Scavenger services rendered	4,163
Miles of streets sprinkled	625
" " " flushed	1,325
Births reported	411
Closet inspections	9,106
Stables "	9,478
Yard "	16,058
Total	34,642

From June 1, 1912 to June 1, 1913:

Monthly Bulletins mailed out	33,701
T. B. notices mailed out	636
Other first class mail sent out	1,957
Other fourth class mail sent out.	236
Total mail out (pieces)	36,539
Phone calls (orders, etc.)	22,700

Collections for year ending June 1st, 1913:

Fumigation	$1,495.75
Scavenger services	745.90
Street sweepings	187.10
Miscellaneous	454.30
Total	$2,883.05

Number of tubercular deaths from June, 1912, to June, 1913:

Number belonging to Asheville:

White	14
Colored	8
Total	22

Number not belonging to Asheville:

White	67
Colored	8
Total	75
Total No. deaths from tubercolisis	97

Total number of deaths from June, 1912, to June, 1913:

White	268
Colored	167
Total	435

Under 1 year of age.

White	39
Colored	32
Total	71

Under 2 years of age.

White	51
Colored	40
Total	91

Diarrheal diseases under 1 year.

White	9
Colored	6
Total	15

Diarrheal diseases under 2 years.

White	14
Colored	8

Between 50 and 60 years of age.

White	23
Colored	15
Total	38

Between 60 and 70 years of age.

White	17
Colored	10
Total	27

Between 70 and 80 years of age.

White	19
Colored	4
Total	23

Over 80 years of age.

White	13
Colored	1
Total	14

Report from June 1st, to September 1st, 1913:

Laboratory.

Diphtheria cultures made	163
Malaria examinations	15
Typhoid examinations	40
Paratyphoid examinations	6
Tuberculosis examinations	12
Hookworm examinations	5
Other examinations	4
Total	245
Plates for bacterial count of milk.	732
Water examinations	25
Total	757
Grand total	1,002

Milk inspections:

Dairy inspections	110
Wagon "	434
Cleamery "	24
Total	568
Various other inspections	779

Abattoir:

Visits to abattoir	79
Animals inspected	1,832
Primal parts condemned (lbs.)	705

Market House:

Carcasses inspected	1,748
Amount condemned (lbs.)	705

Sanitary Report:

Dead animals moved	1,655
Scavenger services rendered	2,068
Trash, earth, etc., hauled	2,624
Streets flushed (miles)	519
Streets sprinkled (miles)	395

Contagious diseases reported and quarantined:

Diphtheria	18
Scarlet fever	8
Smallpox	3
Measles	22
Typhoid fever reported	9
Total	47

Death from contagious diseases:

Typhoid	1

Fumigation:

Pay rooms fumigated for city	415
Chairty rooms fumigated for city.	29
Rooms for county	7
Total	441
Closet inspections	1,472
Stable "	4,768
Yard "	3,649
Total	9,889

June 1st to September 1st:

T. B. notices mailed out	172
Monthly Bulletins mailed out	11,602
Fourth class mail sent out	30
Other first class mail sent out	800
Total (pieces)	12,604
Phone calls (orders, etc.)	8,000

Collections:

Scarvenger service	$186.49
Fumigation	415.00
Street sweeping	3.00
Street sweeping	3.00
Miscellaneous	115.50
Total	$719.99

Total deaths from June 1st to Sept. 1st, 1913:

Total deaths from all causes.

White	82
Colored	39
Total	121

Under 1 year of age.

White	9
Colored	2
Total	11

Under 2 years of age.

White	12
Colored	3
Total	15

Between 50 and 60 years of age.

White	6
Colored	1
Total	7

Between 60 and 70 years of age.

White	7
Colored	1
Total	8

Between 70 and 80 years of age.

White	2
Colored	1
Total	3

Above 80 years of age.

White	3
Colored	1
Total	4

Tubercular death from June 1st to Sept. 1st, 1913:

Belonging here.

White	2
Colored	1
Total	3

Not belonging here.

White	28
Colored	6
Total	34

Comparison of Work For Two Years.

	1911-12	1912-13
Rooms fumigated	1,284	1,907
Dairies visited	205	205
Meat inspections, carcasses	10,351	14,517
Condemned (lbs.)	9,024	15,174
Dead animals moved.	4,199	3,455
Loads trach, etc.	5,501	5,530
Milk wagons stopped and inspected	2,017	1,401
Milk condemned qts.	235	78
pts	152	17
Chemical analysis of milk	290	264
Dairy cows t b tested	757	689
Private cows "	85	113
Totol cows t b tested	842	802
Miles streets splinkled and flushed	1,616	1,950
No. scavenger services rendered	12,163	21,163
Total No. inspec.	32,432	34,642
Cash collected		$2,883.05
Laboratory work, total examinations	418	3,540
Total No. pieces mail sent out	20,555	36,539
Bulletins mailed out..		33,701
Communicable diseases:		
Diphtheria	46	77
Scarlet fever	17	16
Smallpox	18	67
Measles	143	60
Typhoid fever	60	15
Total	284	235
Deaths from comunicable diseases:		
Diphtheria	1	3
Typhoid	1	0
Scarlet fever	0	0
Smallpox	0	0
Measles	5	1
Whooping cough	0	5
total	7	9

Tabulated statement typhoid reported:

	1910	1911	1912
Traced to butterman	2	7	2
Contact	12	15	2
Imported	30	13	7
Unsanitary conditions, milk and springs	66	20	1
Untraced	9	5	1
Carriers	0	0	1
Total	116	60	15
Deaths	4	1	0

Financial statement from June, 1912, to September, 1913:

EXPENSE.

Sanitary Inspections.		
Scavenger	1,098.91	
Sanitary Inspector (Bird)	$1,500.00	
Assistant Inspector (Ray)	750.00	
Health officer (McBrayer)	725.00	
Clerk (Rumple)	450.00	
		$3,525.00
Food Inspections.		
Food Inspector (McCormick)	$1,500.00	
Assistant Inspector (Ledbetter)	882.00	
Clerk (Rumple)	450.00	
Horse and buggy and repairs, motor cycle	135.00	
		2,967.16
Wages.		
Street sweeping	$7,722.00	
		8,821.46
Forage		4,086.66
Supplies, repairs		3,107.07
Incidentals		2,080.92
Equipment		2,392.37
Pest House.		
Wages	$ 157.45	
Maintenance of patients	698.71	
Supplies and repairs	275.78	
		669.57
Total		$28,782.57

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 32 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. Sept., 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates

"WHAT man needs is not reform but regeneration."

—Gov. Marshall of Indiana

WE ALONE can generate the race—we alone can regenerate it.

GOD CREATED man in His own image. We are to continue this work of creation. We work together with God in the creation of mankind.

"I EARNESTLY hope that in the garden of earth the same knowledge, science and skill will combine to develop beautiful and happy human beings, and that the same tender care that has produced these lovely flowers will, in the near future, be used to develop radiant and beautiful children."

—Helen Keller

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
DR. F. J. CLEMENGER. DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION White - 15,000 / Colored 5,000 **20,000**

LETTER OF TRANSMITAL.

To the Hon. Mayor and Board of Aldermen, City of Asheville, N. C.

Gentlemen:

It is with pleasure that I transmit herewith a report of the Health Department of the City of Asheville covering the year, June 1, 1912, to June 1, 1913, and the three months, June 1, 1913, to September 1, 1913, this later to conform to change in date of fiscal year, from June 1 to September 1.

Respectfully submitted,
L. B. M'BRAYER,
Health Officer.

Our progress since last annual report:

Certified Milk.

With the co-operation of the Buncombe County Medical Society and its medical milk commission, we have been able to furnish "Certified Milk" to the citizens of Asheville and the strangers within our gates. This milk is furnished by the Biltmore Dairy, Dr. A. S. Wheeler, manager, and is being shipped to other towns in this state and in other states. "Certified Milk" is the last word in **clean milk** and represents the cleanest milk that science and aseptic technique can produce.

City Prison.

The city prison has been completely remodeled and rebuilt—a concrete floor with proper drainage, steel cages with two beds on the sleeping car style, water and sewer connections in each cage, plenty of heat, light and ventilation, make our new city prison a model so far as cleanliness and health are concerned.

First Aid Room.

In connection with the city prison on the floor below has been fitted up a "First Aid" room, where first aid is given to those who are brought to the prison suffering with minor injuries. This is complete in its appointments, having a concrete floor with drain, electric lights, hot and cold water, an instrument sterilizer heated with gas, an instrument table, solution stand with bowls, instruments and dressing cabinet, operating table, etc.

Market House.

The employment of Mr. Patton as assistant meat inspector and market house keeper has been a great improvement in our meat inspection service and perhaps greater still is the care of the market. The ceiling of the market which is now about completed will add greatly to its appearance, and cleanliness, and when a few other improvements in contemplation are completed we will have a market that will compare favorably with any in the South, and be a satisfaction and pleasure to the people of Asheville.

Culture Media.

Heretofore we have bought our tubes of culture media and sterile swabs, for making cultures from throats supposed to be infected with diphtheria,

this was not very expensive, but during the year amounted to quite a little sum. Our Mr. McCormick for some months now has been making all the culture media and sterile swabs that we use, in our own laboratory and the same has proven entirely satisfactory and we are thereby saving the whole amount heretofore paid for this material.

Bacterial Milk Court.

This laboratory work that had been in operation only a short time when the last annual report was made has proved to be a great advantage both to the citizens of Asheville and the dairymen. The citizens can judge of the cleanliness of the milk they buy, a low count meaning cleaner milk and a higher count meaning dirtier milk; and it enables the dairyman to keep tab on his work and consult our milk inspector as to best methods of improving his technique. This has been done freely by most of the dairymen with the result that some of the dairies produce a milk with very low bacterial count. We publish in our monthly Bulletin the average bacterial count of all the dairies and next year we hope to publish the average for the year in our annual report. There were 1,638 of these examinations made during the year, June, '12 to June, '13, and 732 from June 1, '13 to September 1, '13, which latter would be at a rate of about 3,000 per year.

Hygiene of Tuberculosis.

The ordinance effective from June 1, '13, regulating and controling sanitaria, hotels and boarding houses, requiring them to have a permit from the joint Health Board before they are allowed to keep persons suffering from tuberculosis, and other provisions regulating expectorating and the disposal of sputum of tubercular people, is a progressive as well as a protective measure, and again places Asheville in the front in her protective measures against tuberculosis. The workings of the law in the main are satisfactory, and is now and will be of much value to our city, our people, and strangers and visitors, both sick and well, who may come here.

Health Department exhibits.

We have made the following exhibits:

International Congress on Hygiene and Demography, Washington, D. C., Sept., 1912. Our exhibit here was well received and our demonstration of the life cycle of the fly especially attracted a great deal of attention. This exhibit received a great deal of favorable comment, both during the congress and since. Many men of note pronounced it the best exhibit there, although there were many more elaborate and more costly, and only a few days ago we received a letter from a prominent health worker asking for some information suggested by this exhibit, and pronouncing it one of the best at the congress. The Committee of Awards of the congress awarded us a "diploma of merit" on our exhibit and the same now hangs in our executive office.

South Eastern Sanitary League, (Greenville, S. C., May, 1013.)

We made about the same exhibit here as we did at the congress in Washington, D. C., and the same was inspected by some 10,000 or more persons. In addition to the exhibit our Mr. McCormick delivered an address on the Habits and Harmfulness of the Fly, and your Health Officer delivered an address on The Proper Handling of Tuberculosis From a Hygienic Standpoint. Both addresses were well received. Mr. McCormick was elected a director of the League. The next meeting will be held in Columbia, S. C.

W. N. C. Fair.

We have made exhibits in connection with the W. N. C. Fair in 1911 and 1912, and are preparing an exhibit for 1913.

State Fair—We are preparing to send our exhibit to the State Fair this fall.

INCREASE OF WORK.

Our Laboratory.

The increase in laboratory work is very noticeable, from 418 examinations in 1911-12, to 3,540 examinations in 1912-13. The efficiency of the laboratory work is entirely satisfactory also. We are made to wonder how we ever got along without it.

Office Work.

The office work has also increased in one line from 20,555 pieces of mail matter sent out in 1911-12 to 36,539 pieces in 1912-13.

Street Sprinkling.

Street sprinkling and flushing has increased from 1,616 miles in 1911-12, to 1,950 miles in 1912-13, an increase of 337 miles over the previous year. We are now doing about all the flushing we can with the two flushers we have, running them about eighteen hours out of every twenty-four, and it is not probable that we can keep the streets as clean as they ought to be and as the people demand, during the next summer without the purchase of another flusher. This ought to be decided on at an early day, so that we may be prepared for next summer's work.

Meat Inspection.

The number of animals slaughtered for the city and inspected by our inspector has increased by 14,000.

Number of sanitary inspections have increased by 2,210.

And all this increase of work has been accomplished without any increase in salaries.

THINGS NEEDED.

Incinerator.

Under this head in our last annual report we spoke of the pressing need of an incinerator. We are glad to be able to state that the site for an incinerator has been bought, a road built to it, and an engineer employed to build it, and it is thought it will be completed and in operation by January 1, 1914.

Garbage.

A systematic collection of kitchen garbage, trash, manure, tin cans, etc., is needed. While we are collecting, as well as we can under our system, the trash, waste paper, tin cans, etc., yet this is not done to our entire satisfaction. It is intended as soon as the incinerator is running to install a new system of waste collection which will include the removal of all waste that occurs about a house, stable or yard.

Retiring Room.

This is a thing that is badly needed in Asheville, both for the health and convenience of the people who throng our streets. The chairman of the Sanitary Committee is especially interested in this and has been for more than a year, and we trust that it will soon be a reality.

School Inspection.

Our schools are in great need of a thorough, systematic medical school inspection. Statistics where they have had medical inspection of schools show that from 50 to 70% of all school children have one or more physical defects which retard to a greater or less degree the school work of the child to say nothing of the general effect upon the health and normal growth of the child. Wherever tried it has proved that the medical inspection saves the school fund in "repeaters" more than the cost. The Board of Education ought to take this up without delay.

Antivaccination Hospital.

(More familiarly known as the "Pest House.)

This is conducted by the city paying one-half of the expense and the county the remainder. They own a nice property on the river suitable in every way for the purpose, but the buildings are not such as needed and they are in

very bad repair. Recomendations have heretofore been made to the city and county administrations by the city and county health officers, and it is hoped that suitable buildings with suitable equipment may be provided at an early date.

Save the Babies.

The death of 39 white children and 32 colored; total 71, last year, under 1 year of age, and the death of 51 white and 40 colored; total 91, under two years of age, shows that the children in Asheville are not receiving the attention they are entitled to from their mothers and others in authority; considered with our splendid milk supply, makes it look all the worse for the mothers.

Dear Old Age.

Death took a heavy toll from the aged in Asheville last year. 14 deaths above 80 years; 102 deaths above 50 years; while the deaths under 2 years and over 50 were large in number, the deaths between 2 and 50 were unusually small in number, which speaks well for our Health Department. The deaths under 2 speak badly for the mothers. The deaths over 50 speak badly for the person himself.

Average Death Rate For Asheville.

The death chargeable to Asheville remains about the same as last year, for white population 8, for colored about 21.

STATISTICAL.

Contagious Diseases Reported and Quarantined from June, 1912, to June, 1913:

Diphtheria	77
Scarlet Fever	16
Smallpox	67
Measles	60
Total	220

Communicable Diseases Reported:

Typhoid Fever	17
Total No. vaccinations	1,053

Deaths From Contagious Diseases:

Diphtheria	3
Measles	1
Whooping cough	5
Total	9
Deaths from typhoid	0

Laboratory.

Diphtheria cultures made:

Negative	1,108
Positive	428
Total	1,536
Examinations for T. B.'s	21
" " Hookworm	24
" " Malaria	13
Other examinations	44
Total	102
Plates for bacterial count of milk	1,638
Chemical analysis of milk	264
Total	1,902
Grand total	3,540
Daries visited	205
Wagons stopped on street and inspected	1,401
Milk condemned for visible dirt	78 qts 17 pts

Abattoir:

Carcasses inspected	6,720
No. of lbs. condemned	7,180

Market house:

Carcasses inspected	7,797
No. lbs. condemned	7,994
Condemned calves, weight not given	3
Outside market inspections	553
Bakery inspections	31
Restaurant, hotel and lunch room	190
Miscellaneous inspections	154
Dairy cows tuberculin tested	689
Private	113
Total	802

Rooms fumigated:

City	1,653
For charity	121
For county	133
Total	1,907

No. dead animals moved	3,455
Trash, earth, leaves, etc, hauled	5,530
Scavenger services rendered	4,163
Miles of streets sprinkled	625
" " " flushed	1,325
Births reported	411
Closet inspections	9,106
Stables "	9,478
Yard "	16,058
Total	34,642

From June 1, 1912 to June 1, 1913:

Monthly Bulletins mailed out	33,701
T. B. notices mailed out	636
Other first class mail sent out	1,957
Other fourth class mail sent out	236
Total mail out (pieces)	36,539
Phone calls (orders, etc.)	22,700

Collections for year ending June 1st, 1913:

Fumigation	$1,495.75
Scavenger services	745.90
Street sweepings	187.10
Miscellaneous	454.30
Total	$2,883.05

Number of tubercular deaths from June, 1912, to June, 1913:

Number belonging to Asheville:

White	14
Colored	8
Total	22

Number not belonging to Asheville:

White	67
Colored	8
Total	75
Total No. deaths from tubercolisis	97

Total number of deaths from June, 1912, to June, 1913:

White	268
Colored	167
Total	435

Under 1 year of age.

White	39
Colored	32
Total	71

Under 2 years of age.

White	51
Colored	40
Total	91

Diarrheal diseases under 1 year.

White	9
Colored	6
Total	15

Diarrheal diseases under 2 years.

White	14
Colored	8

Between 50 and 60 years of age.

White	23
Colored	15
Total	38

Between 60 and 70 years of age.

White	17
Colored	10
Total	27

Between 70 and 80 years of age.

White	19
Colored	4
Total	23

Over 80 years of age.

White	13
Colored	1
Total	14

Report from June 1st, to September 1st, 1913:

Laboratory.

Diphtheria cultures made	163
Malaria examinations	15
Typhoid examinations	40
Paratyphoid examinations	6
Tuberculosis examinations	12
Hookworm examinations	5
Other examinations	4
Total	245
Plates for bacterial count of milk	732
Water examinations	25
Total	757
Grand total	1,002

Milk inspections:

Dairy inspections	110
Wagon "	434
Cleamery "	24
Total	568
Various other inspections	779

Abattoir:

Visits to abattoir	79
Animals inspected	1,832
Primal parts condemned (lbs.)	705

Market House:

Carcasses inspected	1,748
Amount condemned (lbs.)	705

Sanitary Report:

Dead animals moved	1,655
Scavenger services rendered	2,068
Trash, earth, etc., hauled	2,624
Streets flushed (miles)	519
Streets sprinkled (miles)	395

Contagious diseases reported and quarantined:

Diphtheria	18
Scarlet fever	8
Smallpox	3
Measles	22
Typhoid fever reported	9
Total	47

Death from contagious diseases:

Typhoid	1

Fumigation:

Pay rooms fumigated for city	415
Chairty rooms fumigated for city.	29
Rooms for county	7
Total	441
Closet inspections	1,472
Stable "	4,768
Yard "	3,649
Total	9,889

June 1st to September 1st:

T. B. notices mailed out	172
Monthly Bulletins mailed out	11,602
Fourth class mail sent out	30
Other first class mail sent out	800
Total (pieces)	12,604
Phone calls (orders, etc.)	8,000

Collections:

Scarvenger service	$186.49
Fumigation	415.00
Street sweeping	3.00
Street sweeping	3.00
Miscellaneous	115.50
Total	$719.99

Total deaths from June 1st to Sept. 1st, 1913:

Total deaths from all causes.

White	82
Colored	39
Total	121

Under 1 year of age.

White	9
Colored	2
Total	11

Under 2 years of age.

White	12
Colored	3
Total	15

Between 50 and 60 years of age.

White	6
Colored	1
Total	7

Between 60 and 70 years of age.

White	7
Colored	1
Total	8

Between 70 and 80 years of age.

White	2
Colored	1
Total	3

Above 80 years of age.

White	3
Colored	1
Total	4

Tubercular death from June 1st to Sept. 1st, 1913:

Belonging here.

White	2
Colored	1
Total	3

Not belonging here.

White	28
Colored	6
Total	34

Comparison of Work For Two Years.

	1911-12	1912-13
Rooms fumigated	1,284	1,907
Dairies visited	205	205
Meat inspections, carcasses	10,351	14,517
Condemned (lbs.)	9,024	15,174
Dead animals moved.	4,199	3,455
Loads trach, etc.	5,501	5,530
Milk wagons stopped and inspected	2,017	1,401
Milk condemned qts.	235	78
pts	152	17
Chemical analysis of milk	290	264
Dairy cows t b tested	757	689
Private cows "	85	113
Totol cows t b tested	842	802
Miles streets splinkled and flushed	1,616	1,950
No. scavenger services rendered	12,163	21,163
Total No. inspec.	32,432	34,642
Cash collected		$2,883.05
Laboratory work, total examinations	418	3,540
Total No. pieces mail sent out	20,555	36,539
Bulletins mailed out.		33,701
Communicable diseases:		
Diphtheria	46	77
Scarlet fever	17	16
Smallpox	18	67
Measles	143	60
Typhoid fever	60	15
Total	284	235
Deaths from comunicable diseases:		
Diphtheria	1	3
Typhoid	1	0
Scarlet fever	0	0
Smallpox	0	0
Measles	5	1
Whooping cough	0	5
total	7	9

Tabulated statement typhoid reported:

	1910	1911	1912
Traced to butterman	2	7	2
Contact	12	15	2
Imported	30	13	7
Unsanitary conditions, milk and springs	66	20	1
Untraced	9	5	1
Carriers	0	0	1
Total	116	60	15
Deaths	4	1	0

Financial statement from June, 1912, to September, 1913:

EXPENSE.

Sanitary Inspections.		
Scavenger	1,098.91	
Sanitary Inspector (Bird)	$1,500.00	
Assistant Inspector (Ray)	750.00	
Health officer (McBrayer)	725.00	
Clerk (Rumple)	450.00	
		$3,525.00
Food Inspections.		
Food Inspector (McCormick)	$1,500.00	
Assistant Inspector (Ledbetter)	882.00	
Clerk (Rumple)	450.00	
Horse and buggy and repairs, motor cycle	135.00	
		2,967.16
Wages.		
Street sweeping	$7,722.00	
		8,821.46
Forage		4,086.66
Supplies, repairs		3,107.07
Incidentals		2,080.92
Equipment		2,392.37
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HEALTH DEPARTMENT
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ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

HAD OUR Society for the Prevention of Cruelty to Animals ever taken into consideration the fact that *a child is an animal?*

IF WE GIVE our communities the best we know to-day, the best that is known to-day, we are making the best investment possible for the present and future well-being of our people.

BETTER babies means better men and women.

HEARD at a Banquet in a neglected manure pile: MR. MAGGOT—"Eat, drink and be merry, for to-morrow we'll be flies."

Health Department City of Asheville

BOARD OF HEALTH.

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ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

Better Babies Contest at Western North Carolina Fair.

One of the greatest attractions at the Fair last week, certainly one in which there were most entries, was the Better Babies Contest. Think of it, 250 mothers thought they had good enough babies to enter this contest—and they did. It seems well and proper to emphasize the idea of better babies. Why not? Are they not as important as better grass, and corn, and potatoes, and hogs, and chickens, and cows, and horses? Had you ever thought that the only thing you can make a man or woman out of is a baby, and of necessity then, the only thing you can make a better man or a better woman out of is a better baby.

The Latest Catastrophe at Sea.

Last week a terrible storm occurred at sea, and in the meantime a ship, the Volturno, caught on fire—the wireless was used to good effect and ships came to the rescue from all directions. On account of the fury of the storm it was found impossible to transfer the people from the burning ship to the rescue ships and the wireless was used again and a merchantman laden with oil was called and came to their relief and poured oil on the troubled waters and they became comparatively calm and the survivors were transferred to the rescue ships in safety. Of about 600 on board 450 were saved and 150 were lost. The newspapers around the world have devoted columns to a description of the bravery and heroism of Captain Inch, of the ill-fated steamer, and others, and the wonders and great benefits of the wireless, etc., etc., and all this is well; but should there not be some small mete of praises for the Health Workers throughout the land that are saving thousands of lives where the rescue ships in the instance referred to above saved tens? And should not the newspapers in thunder tones give notice of the terrible catastrophe that is happening in North Carolina every day, to-wit:: Needless deaths from preventable disease. Three times as many preventable deaths occur in North Carolina every day as occurred on account of the storm and fire referred to above. What think ye of it? What are you going to do about it?

Take Notice.

To the Board of Education of Buncombe County:
To the Board of Education of the City of Asheville:
To all authorities of whatsoever kind in the City of Asheville and the County of Buncombe:

To the people of the City of Asheville and County of Buncombe:
To the Board of Education of the State of North Carolina:
To the State Superintendent of Public Instruction:
To the Legislature and all authorities of whatsoever kind in the State of North Carolina:
To the Governor of North Carolina:
To all the people of North Carolina:
Take Notice:—

You have no right to make school attendance compulsory, as you have done, unless you provide in such schools proper protection against school infection.

Hear me, heed my warning, and provide such protection or answer at the bar of public opinion and the bar of God for the murders you commit.

North Carolina State Sanitorium For Tuberculosis.

Among the many other good things done by the special session of the legislature was the transferring of the State Sanitorium for Tuberculosis, located at Montrose, from the Board of Trustees that had heretofore governed it to the State Board of Health.. This is really where it belonged all the time, and we expect to see the State Board of Health, using this sanitorium as a basis for operation, do a wonderful work throughout the State in the prevention of tuberculosis. They certainly have a wide field for their endeavors, and the field is white (white plague) unto the harvest and the grim reaper is taking his toll every day and every hour. Many philanthropical and humane people throughout the State will be glad to know that from the efforts of Dr. J. R. Gordan, of Guilford County, in the last regular session of the legislature there will soon be room at this institution for people who have the disease and are without funds. To this time there is no place in the State of North Carolina where one of her citizens suffering with tuberculosis and with limited means or no means at all can go and be cared for. The Shame of it ! The Pity of it ! ! The Tragedy of it ! ! Thank you Dr. Gordan. On behalf of the entire citizenship of North Carolina, we thank you.

A Whole Time County Health Officer For Buncombe County.

This much needed and long looked for forward step has at last become a reality. This is brought about by the co-operation of the County Board of Commissioners and County Board of Education. It is at a great sacrifice on the part of Dr. D. E. Sevier, who has agreed to take the place and do the work; and no one who knows Dr. Sevier will doubt for a moment that he will be faithful to the duties of his office, but just why a physician is expected to make a sacrifice of his time, energy, family and his very life, in order to get to work for the prevention of sickness and death, we are unable to understand.

Prof. W. H. Hipps, the energetic County Superintendent of Schools of Buncombe County, will co-operate with Dr. Sevier to the fullest in the school inspection and the county teachers will do likewise. This is a wise step upon the part of the County authorities and will accomplish more real good for the people of the County than any money that they have spent for many a long year.

WARNING ! ! DIPHTHERIA ! ! !

Diphtheria is wide spread throughout the County. In West Chapel school district, covering the territory between Biltmore and Gashes Creek, on the Fairview road, there have probably been 75 cases of diphtheria, with three children paralyzed and three deaths in the last ten weeks.

There have been deaths from this disease in other parts of the County, though no epidemic of such proportions has occurred in any other section so far as we know. We advise the housewives of Asheville who are in the custom of buying butter, buttermilk, eggs or vegetables from farmer, to enquire closely of everyone from whom they buy these things as to whether or not there has been any sore throats among any members of the family or anyone who works about the place. And whether or not there has been any typhoid or eruptive diseases. This is a wise policy to pursue at all times, but especially so just now, for diphtheria, scarlet fever, typhoid fever, etc., can be transmitted very easily through milk and butter and perhaps through eggs, vegetables, etc., by the person who handles the sick person handling these things. We would advise mothers to enquire just as regularly of their butterman in regard to these diseases as she pays him for the produce bought, but especially is it necessary now.

Not having a County Health Officer before this, there was no one in Buncombe County who had authority to look after contagious diseases in the County no matter how many children lost their lives therby, no matter how much time was lost at school on account thereof. This seems cruel in this enlightened day, and it is. "Pity 'tis, 'tis true." But thanks to the authorities we have come upon a better day in Buncombe County.

To show how careful our City Health Department is in the care of the health of the City, as soon as the epidemic of diphtheria broke out in the West Chapel district above referred to, our inspector was sent to make a special inspection of the two dairies in this vicinity and report as to the number of employees at each dairy who had children in their homes, visit such homes and find out if there were any sore throats among such children and if so to take a swab of such sore throats for examination in the laboratory of the Health Department, and to take a swab of the throat of every employee of any and every kind in connection with either dairy for like examination. Here our authority ended. We only had authority over the dairies and those employed there. As a matter of extra precaution and perhaps mainly because this dairy is furnishing Certified Milk,, swabs were taken from every employee at the Biltmore Dairy. This is our idea of the function and duty of a Health Department and we are trying to live up to such ideas. Mr. Citizen, or Visitor to Asheville, do you like to have such security, such protection as outlined above?

Do You Want a Diseased Cook in Your Kitchen?

The people of our city pay entirely too little attention to their servants and washerwomen. It is nothing uncommon for a nursery maid to take a child or children in the family out for the larger part of the afternoon, take them to her home or to the homes of her colored friends, and the mother doesn't even know where the nurse's home is, much less whether or not there are any contagious diseases there and doesn't know but what the nurse has some serious disease that can be easily transmitted to the children. Would it not be the part of wisdom to know these things? Is it not the mother's duty to her child to know these things?

The same may be said of the cook or the washerwoman. You would not want a cook that had some serious disease that could be transmitted to any or all the members of your family would you? And yet, when you hire a cook you don't even inquire of her whether she is well or sick much less have your family physician give her an examination. The same is true perhaps of the cooks and employees of the

restaurants and hotels in the city. It has been known that a cook in one of the leading restaurants in the city was found to have a very vile and serious disease that could have been communicated to those who ate there.

The Health Department on more than one occasion has found a case of smallpox in a family, and likewise found that the woman in the house was washing for two or three or four of the prominent families in the city and had the clothes in her house. Of course, under these circumstances, the Health Department saw to it that the clothes were returned to the families free from infection, but there are a large number of diseases that are quite as serious as, or even more so than smallpox that never come to the notice of the Health Department. Do you not think it your duty to at least inquire of your nursery maid, your cook or your washerwoman and other servants as to whether or not there is any disease in their family or whether or not they have any disease? This should be done at least once a week. A good time to do it would be when you pay them, or you could have it understood that they must give you a report on this every time they draw their wages without your asking.

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There are ELEVEN whole time County Health Officers in North Carolina. In this North Carolina leads every other State in the Union. We are glad that Buncombe County is numbered among the eleven.

Cremator.

We are glad to be able to announce that work has begun on the erection of a Cremator. It is expected that the work will be completed not later than February 1st, and we hope that by March 1st, which is the beginning of spring, to have our system of garbage collection installed and in good running order. We expect then to collect all kitchen garbage, trash, tin cans, papers, stable manure and all other waste that accumulates about a home and burn it in this Cremator. You might just as well look for it because we are going to see to it that your back yard is kept clean. When this system shall have been worked out we expect to make Asheville one of the cleanest, if not the cleanest, towns in the United States. Mr. Citizen we expect your co-operation in this matter.

ASHEVILLE CLIMATE.

The United States Weather Bureau Station at Asheville furnishes the following data, averages for nine years' observations:

Mean annual temperature, 54 deg.

Normal precipitation, 45.56 in.

Highest temperature recorded in nine years, June 11, 1911, 92 deg.

Lowest temperature, February 14, 1905, 6 deg. below zero.

In nine years' observation July was shown to be the hottest month with an average temperature of 72 deg.; January the coldest month with an average temperatrue of 35 deg.; March the wettest month, average precipitation of 5.08; October the driest, with precipitation of 2.94. Average morning humidity was 85 deg., average evening humidity 72 deg. The yearly average sunshine out of possible 100, 59 per cent.

The combination of a southern latitude and 2,250 feet elevation gives Asheville a comparatively even temperature. The hot or cold periods are seldom of more than three days duration.

Milk Test for Retail Dairies for August, 1913

	B. F.	S. P. G.	T. S.	BACTERIA
Biltmore Certified	4.5%	1.030	13.2	3,500
Biltmore	5.2	1.032	14.4	10,000
Violet	4.6	1.030	13.2	16,000
Fenner Farm	4.0	1.030	12.5	20,000
Mountain Range	4.4	1.029	12.8	30,000
Sunset	4.8	1.030	13.4	30,000
White Pine Creamery	5.0	1.029	13.5	31,000
Oak Grove	4.6	1.030	13.2	36,000
Laurel Springs	4.0	1.0295	12.4	37,000
Woodfin	4.4	1.030	12.9	38,000
Oak Springs	4.4	1.031	13.2	38,000
Horst Farm	4.4	1.029	12.2	41,000
Pleasant Hill	4.6	1.029	13.0	42,000
Edgewood	4.4	1.030	12.8	42,000
Anandale	4.4	1.030	13.0	46,000
Dryman's	4.4	1.029	12.7	57,000
Reed Farm	4.0	1.030	12.5	70,000
Locust Grove	5.0	1.029	13.4	72,000
Wildwood	4.8	1.032	13.8	75,000
Melrose	4.0	1.031	12.7	76,000
Middlebrook	5.0	1.032	14.2	78,000

Milk Test for Wholesale Dairies for August, 1913

	B. F.	S. P. G.	T. S.	BACTERIA
Ed Sharp	4.6%	1.029	12.9	13,000
Dillingham	5.0	1.029	13.4	14,000
Cleveland	4.5	1.030	13.1	15,000
J. V. Baird	4.0	1.031	12.7	30,000
Scarborough	4.6	1.032	13.7	35,000
Griffin	4.6	1.029	13.0	35,000
Swain	4.8	1.029	13.2	45,000
Nettles	3.8	1.029	12.0	50,000
C. C. Greenwood	5.0	1.030	13.6	55,000
Swain	4.6	1.630	13.2	55,000
Carter Brothers	4.2	1.029	12.4	57,000
W. A. Baird	4.4	1.029	12.7	60,000
Elmer Carter	4.0	1.029	12.2	72,000
Calloway	4.6	1.0295	13.0	80,000
O. Baird	4.6	1.029	13.0	80,000

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 33 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | Oct., 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

HAD OUR Society for the Prevention of Cruelty to Animals ever taken into consideration the fact that *a child is an animal?*

IF WE GIVE our communities the best we know to-day, the best that is known to-day, we are making the best investment possible for the present and future well-being of our people.

BETTER babies means better men and women.

HEARD at a Banquet in a neglected manure pile: MR. MAGGOT—"Eat, drink and be merry, for to-morrow we'll be flies."

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
DR. F. J. CLEMENGER. DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION { White - 15,000 / Colored 5,000 } **20,000**

Better Babies Contest at Western North Carolina Fair.

One of the greatest attractions at the Fair last week, certainly one in which there were most entries, was the Better Babies Contest. Think of it, 250 mothers thought they had good enough babies to enter this contest—and they did. It seems well and proper to emphasize the idea of better babies. Why not? Are they not as important as better grass, and corn, and potatoes, and hogs, and chickens, and cows, and horses? Had you ever thought that the only thing you can make a man or woman out of is a baby, and of necessity then, the only thing you can make a better man or a better woman out of is a better baby.

The Latest Catastrophe at Sea.

Last week a terrible storm occurred at sea, and in the meantime a ship, the Volturno, caught on fire—the wireless was used to good effect and ships came to the rescue from all directions. On account of the fury of the storm it was found impossible to transfer the people from the burning ship to the rescue ships and the wireless was used again and a merchantman laden with oil was called and came to their relief and poured oil on the troubled waters and they became comparatively calm and the survivors were transferred to the rescue ships in safety. Of about 600 on board 450 were saved and 150 were lost. The newspapers around the world have devoted columns to a description of the bravery and heroism of Captain Inch, of the ill-fated steamer, and others, and the wonders and great benefits of the wireless, etc., etc., and all this is well; but should there not be some small mete of praises for the Health Workers throughout the land that are saving thousands of lives where the rescue ships in the instance referred to above saved tens? And should not the newspapers in thunder tones give notice of the terrible catastrophe that is happening in North Carolina every day, to-wit:: Needless deaths from preventable disease. Three times as many preventable deaths occur in North Carolina every day as occurred on account of the storm and fire referred to above. What think ye of it? What are you going to do about it?

Take Notice.

To the Board of Education of Buncombe County:
To the Board of Education of the City of Asheville:
To all authorities of whatsoever kind in the City of Asheville and the County of Buncombe:

To the people of the City of Asheville and County of Buncombe:
To the Board of Education of the State of North Carolina:
To the State Superintendent of Public Instruction:
To the Legislature and all authorities of whatsoever kind in the State of North Carolina:
To the Governor of North Carolina:
To all the people of North Carolina:
Take Notice:—

You have no right to make school attendance compulsory, as you have done, unless you provide in such schools proper protection against school infection.

Hear me, heed my warning, and provide such protection or answer at the bar of public opinion and the bar of God for the murders you commit.

North Carolina State Sanitorium For Tuberculosis.

Among the many other good things done by the special session of the legislature was the transferring of the State Sanitorium for Tuberculosis, located at Montrose, from the Board of Trustees that had heretofore governed it to the State Board of Health.. This is really where it belonged all the time, and we expect to see the State Board of Health, using this sanitorium as a basis for operation, do a wonderful work throughout the State in the prevention of tuberculosis. They certainly have a wide field for their endeavors, and the field is white (white plague) unto the harvest and the grim reaper is taking his toll every day and every hour. Many philanthropical and humane people throughout the State will be glad to know that from the efforts of Dr. J. R. Gordan, of Guilford County, in the last regular session of the legislature there will soon be room at this institution for people who have the disease and are without funds. To this time there is no place in the State of North Carolina where one of her citizens suffering with tuberculosis and with limited means or no means at all can go and be cared for. The Shame of it ! The Pity of it ! ! The Tragedy of it ! ! Thank you Dr. Gordan. On behalf of the entire citizenship of North Carolina, we thank you.

A Whole Time County Health Officer For Buncombe County.

This much needed and long looked for forward step has at last become a reality. This is brought about by the co-operation of the County Board of Commissioners and County Board of Education. It is at a great sacrifice on the part of Dr. D. E. Sevier, who has agreed to take the place and do the work; and no one who knows Dr. Sevier will doubt for a moment that he will be faithful to the duties of his office, but just why a physician is expected to make a sacrifice of his time, energy, family and his very life, in order to get to work for the prevention of sickness and death, we are unable to understand.

Prof. W. H. Hipps, the energetic County Superintendent of Schools of Buncombe County, will co-operate with Dr. Sevier to the fullest in the school inspection and the county teachers will do likewise. This is a wise step upon the part of the County authorities and will accomplish more real good for the people of the County than any money that they have spent for many a long year.

WARNING ! ! DIPHTHERIA ! ! !

Diphtheria is wide spread throughout the County. In West Chapel school district, covering the territory between Biltmore and Gashes Creek, on the Fairview road, there have probably been 75 cases of diphtheria, with three children paralyzed and three deaths in the last ten weeks.

There have been deaths from this disease in other parts of the County, though no epidemic of such proportions has occurred in any other section so far as we know. We advise the housewives of Asheville who are in the custom of buying butter, buttermilk, eggs or vegetables from farmer, to enquire closely of everyone from whom they buy these things as to whether or not there has been any sore throats among any members of the family or anyone who works about the place. And whether or not there has been any typhoid or eruptive diseases. This is a wise policy to pursue at all times, but especially so just now, for diphtheria, scarlet fever, typhoid fever, etc., can be transmitted very easily through milk and butter and perhaps through eggs, vegetables, etc., by the person who handles the sick person handling these things. We would advise mothers to enquire just as regularly of their butterman in regard to these diseases as she pays him for the produce bought, but especially is it necessary now.

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There are ELEVEN whole time County Health Officers in North Carolina. In this North Carolina leads every other State in the Union. We are glad that Buncombe County is numbered among the eleven.

Cremator.

We are glad to be able to announce that work has begun on the erection of a Cremator. It is expected that the work will be completed not later than February 1st, and we hope that by March 1st, which is the beginning of spring, to have our system of garbage collection installed and in good running order. We expect then to collect all kitchen garbage, trash, tin cans, papers, stable manure and all other waste that accumulates about a home and burn it in this Cremator. You might just as well look for it because we are going to see to it that your back yard is kept clean. When this system shall have been worked out we expect to make Asheville one of the cleanest, if not the cleanest, towns in the United States. Mr. Citizen we expect your co-operation in this matter.

ASHEVILLE CLIMATE.

The United States Weather Bureau Station at Asheville furnishes the following data, averages for nine years' observations:

Mean annual temperature, 54 deg.

Normal precipitation, 45.56 in.

Highest temperature recorded in nine years, June 11, 1911, 92 deg.

Lowest temperature, February 14, 1905, 6 deg. below zero.

In nine years' observation July was shown to be the hottest month with an average temperature of 72 deg.; January the coldest month with an average temperatrue of 35 deg.; March the wettest month, average precipitation of 5.08; October the driest, with precipitation of 2.94. Average morning humidity was 85 deg., average evening humidity 72 deg. The yearly average sunshine out of possible 100, 59 per cent.

The combination of a southern latitude and 2,250 feet elevation gives Asheville a comparatively even temperature. The hot or cold periods are seldom of more than three days duration.

Milk Test for Retail Dairies for August, 1913

	B. F.	S. P. G.	T. S.	BACTERIA
Biltmore Certified	4.5%	1.030	13.2	3,500
Biltmore	5.2	1.032	14.4	10,000
Violet	4.6	1.030	13.2	16,000
Fenner Farm	4.0	1.030	12.5	20,000
Mountain Range	4.4	1.029	12.8	30,000
Sunset	4.8	1.030	13.4	30,000
White Pine Creamery	5.0	1.029	13.5	31,000
Oak Grove	4.6	1.030	13.2	36,000
Laurel Springs	4.0	1.0295	12.4	37,000
Woodfin	4.4	1.030	12.9	38,000
Oak Springs	4.4	1.031	13.2	38,000
Horst Farm	4.4	1.029	12.2	41,000
Pleasant Hill	4.6	1.029	13.0	42,000
Edgewood	4.4	1.030	12.8	42,000
Anandale	4.4	1.030	13.0	46,000
Dryman's	4.4	1.029	12.7	57,000
Reed Farm	4.0	1.030	12.5	70,000
Locust Grove	5.0	1.029	13.4	72,000
Wildwood	4.8	1.032	13.8	75,000
Melrose	4.0	1.031	12.7	76,000
Middlebrook	5.0	1.032	14.2	78,000

Milk Test for Wholesale Dairies for August, 1913

	B. F.	S. P. G.	T. S.	BACTERIA
Ed Sharp	4.6%	1.029	12.9	13,000
Dillingham	5.0	1.029	13.4	14,000
Cleveland	4.5	1.030	13.1	15,000
J. V. Baird	4.0	1.031	12.7	30,000
Scarborough	4.6	1.032	13.7	35,000
Griffin	4.6	1.029	13.0	35,000
Swain	4.8	1.029	13.2	45,000
Nettles	3.8	1.029	12.0	50,000
C. C. Greenwood	5.0	1.030	13.6	55,000
Swain	4.6	1.630	13.2	55,000
Carter Brothers	4.2	1.029	12.4	57,000
W. A. Baird	4.4	1.029	12.7	60,000
Elmer Carter	4.0	1.029	12.2	72,000
Calloway	4.6	1.0295	13.0	80,000
O. Baird	4.6	1.029	13.0	80,000

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 34 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. Nov., 1913

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"I THINK the development of the people and fitting them to do their work in the world is quite as important as increasing the crops and protecting the hog."—DAVID F. HOUSTON, Sec. Agriculture, U. S. A.

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UNION LABEL

Health Department City of Asheville

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POPULATION White - 15,000 / Colored 5,000 = **20,000**

THE REGISTRATION OF BIRTHS.

We would call to the attention of the physicians of the city and Asheville township in particular, to the fact that the state-wide vital statistics law is now in force. This law requires the registration of all births and deaths. Each township in the county has its "Registrar of Vital Statistics." For Asheville township, Miss L. G. Williamson is the registrar. She is assistant city clerk and may be found in the mayor's office during business hours. We would also like to pass out the "tip" to physicians and undertakers and others interested, that the State Board of Health has been provided with ample means to enforce this law, and he who fails or neglects to abide by the provisions of the same, will in a short time find that he is in trouble. "It's better to be safe than sorry."

Wake County Ahead.

At the International Congress on School Hygiene held a few days ago it was shown that Wake County heads all this country in the attention which it gives to securing hygienic conditions in its schools. That is a fine record for Wake, and better than that, it is shown that in Wake this is done by voluntary work. The physicians of Wake County are credited with a large part of this, and it is a record which speaks in the highest terms for their interest in health.

But why should physicians be expected to work for nothing, any more than teachers, or preachers, or lawyers, or farmers, or carpenters, or brickmasons?

FLY CAMPAIGN IN GREENSBORO AND ASHEVILLE.

Mr. E. P. Wharton, a public spirited citizen of Greensboro, who has been conducting a war on flies for the latter part of the summer in his home town, has made an official report to the city commissioners. His official designation is assistant health officer, without salary, the same being conferred by the "commission government" of his city. Mr. Wharton gave his time without any pecuniary consideration, and financed the campaign besides. Two of the State life insurance companies contributed $25.00 each, which shows that they were convinced that the work would be worth while to them, and no doubt saved their paying a death claim, which perhaps would have been one or several thousand dollars. A humane citizen, Mr. W. H. Swift, who is devoting his time to the corrections of the evils of child labor, gave one dollar to the fund and Mr. Wharton took care of the balance. Shame on a "Commission Government" or any other kind of government that would allow one of the citizens to do

such a work as this, so beneficial a work as this has been to every citizen of the city, and not only give his time, but pay the bills also.

Mr. Wharton reports that in sections of the town where the citizens co-operated with him heartily the fly was exterminated. In sections where the people co-operated with him half-heartedly the flies were half exterminated, etc. He estimates that the incidence of certain diseases and the death rate from same diseases has been reduced 30 per cent.

What about Asheville? Mr. McCormick, now connected with our Health Department, believed the fly could be exterminated if hunted in his lair—his breeding place—the horse stable. Dr. C. V. Reynolds, who was Health Officer at the time, believed Mr. McCormick's plan feasible and practical, but the city government like Greensboro, deposed and said they didn't have the money, whereupon Dr. Reynolds went out and secured sufficient money to finance the work for one summer, showing his good faith by putting down a larger subscription than anyone else. The result was so satisfactory that the city could find money to finance the work for the future, and we trust it will be the same way with Greensboro. And thus Asheville was the first city in all the world to start a campaign against the fly. The crusade has become nation-wide and international, and is now the most popular crusade known, and has finally reached Greensboro. It is said that Mr. Wharton received his inspiration while traveling abroad, visiting a flyless town, where the methods in use in Asheville had been adopted. We may be pardoned for saying that our Mr. McCormick is considered by scientists, whether physicians or entomologists, as the highest authority on the fly—the court of last appeal.

THE BACK YARDS IN MINNEAPOLIS.

A report says that $60,000.00 worth of vegetables were grown on the back yards of Minneapolis last summer. I am quite sure that a vegetable garden looks much better and is much better than weeds and tin cans and rags and papers and ash piles, to say nothing of this method of reducing the high cot of living.

We are quite anxious that every person in Asheville should get interested in his back yard. The Woman's Civic Betterment League is intensely interested in the back yards of Asheville and have been making some pictures of the back yards of some of our leading citizens and it may be that some of these pictures will appear in the newspapers or in the moving picture show. This will not be a good advertisement for Asheville nor the particular citizen whose back yard the picture represents. It has been said that the proper cleanliness of the home and the people who live there is representd by th bark yard and not by the front yard. Suppose, Mr. Citizen, in the morning you go out and take an inventory of yourself by looking over your back yard.

TO BE SURE.

Another nail driven, clinched and riveted against the opponents of serum therapy; in other words, and in plain English the anti-vaccinationists:

There has not been a single case of typhoid fever in the tent encampments of 12,000 regulars in Texas during the six months of their existence. Nor has there been a case of smallpox. To repel these dreaded diseases the army surgeons have used vaccine. So successfully have they made war on mosquitoes that only a few cases of malaria have been reported. Thre is no pest of flies. If the regulars were ordered on foreign service they would be sound and fit almost to a man. There would be no repetition of the horrors of Spanish war camps, so far as they were concerned. Great credit is due the medical department, because the only ground available for the camps in Texas was salubrious neither in site nor surroundings.—New York Sun.

Freight Rates and the Real Issue.

On an average, for every death during a year, there are two persons sick throughout the year. Over 40 per cent of all our deaths are either preventable or postponable. Therefore, of our 40,000 North Carolinians who were last year swept into the great beyond, something like 16,000 should be with us today.

No, it is not God's will that we should let all these our brethren die needeless deaths. Don't blame it on the Almighty. We are our brother's keeper. He has given us ample means of stamping out preventable disease, but we don't use them. It is up to us.

We might as well admit the facts. Here they are: 16,000 North Carolinians are being sacrificed annually on the altar of ignorance and lethargy. Within the memory of some of us, common laborers were bought and sold for from $750 to $1,500 apiece. May we assume that the average value of these 16,000 of our loved ones is $1,700 each, or a total of over $27,000,000? That is a tremendous loss to ourt State — a heavy drain on our State's wealth.

We have 80,000 North Carolinians sick the year around. Half of this sickness is preventable. That leaves our needless sick loss at 40,000 for their entire time. Assuming that one-third of our sick are in the earning or productive period of life and earn on an average only $700 a year, we have, therefore 13,300 times 700 or over $9,000,000. Add $9,000,000 more for medicine, nursing and special food, and we have over $18,000,000 as our annual loss from sickness. This makes a total annual loss to North Carolina of $18,000,000 plus $27,000,000, or over $45,000,000 annually.

Talk about conservation of national resources—here's the greatest opportunity open for us today. No other opportunity will compare with it.

When it is estimated that our State loses as much as $5,000,000 annually in excessive freight rates, we hold conventions and conferences, we organize just freight rate associations all over the state and call extra sessions of the legislature; but when we lose $45,000,000 worth of our best North Carolina citizenship no one gets excited, no one talks of an extra session. Why? The main trouble is that most of us don't know that we are suffering a loss of $45,000,000 annually. Many of us that do know it don't know that the loss is preventable. When we once recognize that this $45,000,000 is a preventable loss and can be stopped, we will take up the main issue. We will begin public health work in earnest. As it is now, there is practically no public health work done in over 85 per cent of the counties. The only work done there is what the State Board of Health can do through its health literature, lectures, and various campaigns. —N. C. Health Bulletin.

We Need Trained Men in Health Work But the Low Salaries Paid Do Not Attract.

"Here' the City of New York employing eighty-five thousand persons and spending a hundred million dollars a year for labor. Yet we can't get the men we want to work for the city except by going out to the railroads and industrial concerns we happen to be interested in and taking them by main force. Did you ever hear of a man leaving a good railroad job to take a city job—unless it was one of those few positions that get a man's name into the newspapers? It is always the other way. * * * * * **You've got to organize government business as private business is organized, before you can get the same kind of service that private business gets."**

A philanthropic lady has donated forty thousand dollars a year for five

years to start a school to train young men for city business. The cities of this country, as the census shows, are spending eight hundred million dollars a year. City business, if it is to be conducted properly, requires training and experience as much as railroad business or steel-mill business and this little school is the first attempt ever made to train men for city business. Already (1912) inquiries for trained men have been received from one hundred and six cities located in twenty-five States. The school begins with forty-eight pupils; forty-eight men won't go very far, but it's something to have a beginning.—Saturday Evening Post, September 20, 1913.

HELPING PEOPLE TO HEALTHY LIVING.

"We have been spending a great deal to develop our soil. We spend millions of dollars annually to keep fever away from our cattle and cholera away from our hogs. We spend other millions on the gypsy moth, but we let the health of the community take care of itself. I think the development of the people and fitting them to do their work in the world is quite as important as increasing the crops and protecting the hog. Take the fight against the mosquito, the fly and the hookworm. They are the most destructive animals on earth, and the money spent in their control will bring more dividends than that laid out on the boll weevil or the Texas tick."

Secretary Houston's analogy is striking. We have "let the health of the community take care of itself," And we have paid less attention to baby-destroying microbes than to crop-destroying insects.

What must be done? How shall we go about conserving human lives as we have —so promisingly—begun the conservation of the forests, the mineral resources, the water powers, the soils, and the crops?

Of course no one will be interested in that question who does not regard as of any special importance the preventing of disease and misery and the bettering of the public health. But, happily, there is a general recognition of the value of good health to a nation's people and a growing popular demand for information upon the proper care of the body and the remval of disease-breeding conditions. Witness the splendid campaign against tuberculosis. Witness the legislation directed against unhealthful factory practices. Witness the crusade against the "typhoid" house fly.

It would be hard today to find anybody to question the supreme importance of abolishing unnecessary diseases.

How?

The renowned Pasteur laid down the dictum:

"It is within the power of man to cause all germs to disappear from the earth."

Pasteur's statement was based upon his knowledge of the nature of disease organisms. Since his time, his reasoning has been proven to be correct in actual practice and accomplishment.

One hundred years ago small-pox was a common disease—as common as is tuberculosis today. In that time, *small-pox caused one-tenth of all deaths.* Today (if we make exception of the very infrequent epidemics which can be traced directly to the carelessness of the public), small-pox is so rare as to be *almost a medical curiosity.*

What did this?

A scientist, after patient research in his laboratory, made a discovery, and then this discovery was *backed up by public understanding.* Jenner gave vaccination to the world, but it would have done the world little good if the public had not *made use of it.*

The same story might be written about diphtheria antitoxin.

And history of the same sort is in the making today in the practical use that is being made of a vaccine in the elimination of typhoid.

Isn't there an idea in this? Scientists

may discover how to destroy disease germs, but all their discoveries are of no avail unless they are popularized.

Public health depends upon public education in health matters.—David F. Houston, Sec. Agriculture, U. S. A.

THE RIGHTS OF THE CHILD.

No child comes into this world of his own free will. Perhaps, if left to him to choose, he would not be here. But, since he is here, it is certainly his privilege to demand of those responsible for his presence and, from the general public, that sufficient provision be made for his physical health until he has reached the age of discretion and can take an active interest in legislation himself. Otherwise, through no fault of his own, later in life he may become a ward of the state, to his own inestimable shame and to the great expense of the commonwealth.

Surely, then, no one can deny him these privileges:

First, He is entitled to competent medical aid which will insure clean and sanitary surroundings at birth;

Second, He is entitled to clean and wholesome food and fresh air, unpoisoned by the smoke of factories and other harmful gases;

Third, He is entitled to a clean and sanitary house in which to live;

Fourth, He is entitled to have the schools which he is compelled to attend absolutely clean and sanitary and otherwise safeguarded so that his health may in no way be impaired;

Sixth, He is entitled to have the public halls, theatres, and other public places to which he may go for amusement clean and well ventilated;

Seventh, If he is compelled to work during the vacations or after school hours, or perhaps all of the time, he is entitled to have the places in which he works conducive to good health;

Eighth, He is entitled to receive instruction along sanitary lines so that he may fully appreciate the good physical health which comes from proper living conditions, and so that he may be able to grapple successfully with problems which may be encountered at his home and other places.

These rights have long since been recognized by competent health officers and they are now engaged in educating their constituency to the same degree of understanding. Generations may pass before the child has obtained all of his rights. Conditions in the slums of many of the large cities will have to be radically changed, but the final result will be a sturdy, healthy race, better fitted in every way to tackle the problems of life than their progenitors.

Industrial Hygiene.

Efficiency is the paramount factor in modern industry. Efficiency embraces not only modern buildings and equipment, but also takes into consideration the human element—the workman. This last force—conservation of the living machine—is not infrequently neglected in the theory of scientific management.

Imperfect ventilation, a close muggy atmosphere surcharged with noxious odors and an excessive amount of CO, strikingly affect the tone of the human body and promote inefficiency. The human body requires water and plenty of it to carry off the body's waste product. Absorption of the toxins within the body promote headache, lassitude and an inaptitude for work. We note with pleasure the abolition of the public drinking cup and the institution of sanitary drinking fountains in many workshops and factories.

The protection of the workman from harmful dusts, the prevention of industrial accidents and poisoning, the correction of faulty conditions which give rise to eye fatigue and strain, are bound to result in increased efficiency.

Foremen are employed to inspect machines, to replace work parts or

regulate the speed, but as a rule there is no one to care for the men who run the machines.

Perhaps the time is not far distant when the manufacturer seeking the highest efficiency will not be content with shop sanitation, but will find it to his advantage to provide systematic medical inspection of his employees and the conditions under which they live, with the object of preventing illness in the individual and the spread of disease in the shop.

Compulsory compensation to victims of industrial accidents is an argument in favor of medical inspection. "Would it not pay the employer to know what physical defects in the employee may contribute to an accident and thus take measures to prevent the same?" Would it not save the legal expense of contesting some law suit?

Human waste means idle machines, "green men" with subsequent lost time in supervision.

The employment of a man who is both a physician and hygienist is not only humane "but in certain places it has proved so advantageous to the employer as to be justified on broad business grounds." In these places the doctor has been supplemented by that of a nurse with excellent results.—Ci.ncinnnati Health Bulletin.

Pure Air.

Man spends about one-third of his life in bed. This is a demand of Nature.

While man works body waste takes place faster than body repair; while he sleeps Nature tries to do for the man what it could not do during his walking hours.

How successfully Nature repairs body waste while you sleep depends very largely on the conditions under which Nature works.

Like man, Nature works very inefficiently in the presence of foul air. Bad air always means a bad job.

Inefficient repair implies a steady loss of physical and mental efficiency for the man.

A steady loss of physical efficiency sooner or later reduces man's natural resistence to his great enemy—disease. A loss in physical and mental powers means a loss in working ability and therefore a loss in earning capacity. How tremendously important it is, therefore, that Nature be given every opportunity to do its best work!

If Nature cannot do its best work in bad air, the thing to do is to give it pure air to work in.

Pure air in the sleeping-room is the thing, and this every man can get

The open widonw is your best safeguard against disease and loss of earning capacity.

Religiously make it your duty every night to open the window before retiring.

Pure air is impossible in a closed room.—Chicago Health Bulletin.

POINTED PARAGRAPHS.

Preventable diseases are born of ignorance—community as well as individual ignorance.

Education attacks preventable disease at the root of the trouble.

One of the most important activities of a health department should be its educational service. —Chicago Bulletin.

Make the treatment of preventable disease a direct charge on the public treasury and our money-wise statesmen very soon will become health-wise legislators.

A high death-rate from preventable disease is positive evidence of community inefficiency.

It is cheaper and easier to prevent most human ills than it is to cure them.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep the milk clean.

Butter fat (legal minimum) 3.25; Specific gavity (legal minimum) 1.029; Total solids (legal minimum) 11.75 indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

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Oak Grove	21,000	4.6	1.034	14.5
Laurel Springs	22,000	5	1.031	13.8
Anandale	25,000	4.8	1.034	13.2
White Pine Creamery	25,000	4.5	1.0294	13.4
Pleasant Hill	25,000	5	1.031	15.9
Melrose	26,000	4.6	1.031	13.5
Mountain Range	27,000	5.0	1.031	13.9
Sevier	27,000	5.2	1.029	13.7
Sunset	30,000	5.0	1.031	13.9
Redmond	30,000	4.8	1.031	13.6
Violet	32,000	4.6	1.033	14.0
Dryman's Mountain	37,000	4.6	1.072	13.7
Locust Grove	37,000	5.2	1.0295	15.7
Edgewood	40,000	6.0	1.034	15.6
Oak Springs	40,000	5.8	1.020	13.5
Reed Farm	51,000	5.0	1.031	13.9
Woodfin	45,000	5.2	1.0295	13.8
Middlebrook	53,000	5.2	1.031	14.2
Wildwood	71,000	5.0	1.031	13.9

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Dillingham	20,000	5.0	1.029	13.5
Swain	25,000	4.8	1.030	13.4
Nettles	26,000	5.0	1,028	13.2
Cleveland	32,000	4.5	1.031	13.3
J. V. Baird	32,000	5.4	1.031	14.4
W. A. Baird	35,000	4.8	1.029	13.4
C. C. Greenwood	36,000	4.2	1.026	12.2
Scarborough	48,000	5.0	1.030	13.6
Griffin	48,000	4.5	1.030	13.0
Elmer Carter	51,000	4.2	1.030	12.7
Calloway	82,000	4.2	1.031	13.8
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But why should physicians be expected to work for nothing, any more than teachers, or preachers, or lawyers, or farmers, or carpenters, or brickmasons?

FLY CAMPAIGN IN GREENSBORO AND ASHEVILLE.

Mr. E. P. Wharton, a public spirited citizen of Greensboro, who has been conducting a war on flies for the latter part of the summer in his home town, has made an official report to the city commissioners. His official designation is assistant health officer, without salary, the same being conferred by the "commission government" of his city. Mr. Wharton gave his time without any pecuniary consideration, and financed the campaign besides. Two of the State life insurance companies contributed $25.00 each, which shows that they were convinced that the work would be worth while to them, and no doubt saved their paying a death claim, which perhaps would have been one or several thousand dollars. A humane citizen, Mr. W. H. Swift, who is devoting his time to the corrections of the evils of child labor, gave one dollar to the fund and Mr. Wharton took care of the balance. Shame on a "Commission Government" or any other kind of government that would allow one of the citizens to do

such a work as this, so beneficial a work as this has been to every citizen of the city, and not only give his time, but pay the bills also.

Mr. Wharton reports that in sections of the town where the citizens co-operated with him heartily the fly was exterminated. In sections where the people co-operated with him half-heartedly the flies were half exterminated, etc. He estimates that the incidence of certain diseases and the death rate from same diseases has been reduced 30 per cent.

What about Asheville? Mr. McCormick, now connected with our Health Department, believed the fly could be exterminated if hunted in his lair—his breeding place—the horse stable. Dr. C. V. Reynolds, who was Health Officer at the time, believed Mr. McCormick's plan feasible and practical, but the city government like Greensboro, deposed and said they didn't have the money, whereupon Dr. Reynolds went out and secured sufficient money to finance the work for one summer, showing his good faith by putting down a larger subscription than anyone else. The result was so satisfactory that the city could find money to finance the work for the future, and we trust it will be the same way with Greensboro. And thus Asheville was the first city in all the world to start a campaign against the fly. The crusade has become nation-wide and international, and is now the most popular crusade known, and has finally reached Greensboro. It is said that Mr. Wharton received his inspiration while traveling abroad, visiting a flyless town, where the methods in use in Asheville had been adopted. We may be pardoned for saying that our Mr. McCormick is considered by scientists, whether physicians or entomologists, as the highest authority on the fly—the court of last appeal.

THE BACK YARDS IN MINNEAPOLIS.

A report says that $60,000.00 worth of vegetables were grown on the back yards of Minneapolis last summer. I am quite sure that a vegetable garden looks much better and is much better than weeds and tin cans and rags and papers and ash piles, to say nothing of this method of reducing the high cot of living.

We are quite anxious that every person in Asheville should get interested in his back yard. The Woman's Civic Betterment League is intensely interested in the back yards of Asheville and have been making some pictures of the back yards of some of our leading citizens and it may be that some of these pictures will appear in the newspapers or in the moving picture show. This will not be a good advertisement for Asheville nor the particular citizen whose back yard the picture represents. It has been said that the proper cleanliness of the home and the people who live there is representd by th bark yard and not by the front yard. Suppose, Mr. Citizen, in the morning you go out and take an inventory of yourself by looking over your back yard.

TO BE SURE.

Another nail driven, clinched and riveted against the opponents of serum therapy; in other words, and in plain English the anti-vaccinationists:

There has not been a single case of typhoid fever in the tent encampments of 12,000 regulars in Texas during the six months of their existence. Nor has there been a case of smallpox. To repel these dreaded diseases the army surgeons have used vaccine. So successfully have they made war on mosquitoes that only a few cases of malaria have been reported. Thre is no pest of flies. If the regulars were ordered on foreign service they would be sound and fit almost to a man. There would be no repetition of the horrors of Spanish war camps, so far as they were concerned. Great credit is due the medical department, because the only ground available for the camps in Texas was salubrious neither in site nor surroundings.—New York Sun.

Freight Rates and the Real Issue.

On an average, for every death during a year, there are two persons sick throughout the year. Over 40 per cent of all our deaths are either preventable or postponable. Therefore, of our 40,000 North Carolinians who were last year swept into the great beyond, something like 16,000 should be with us today.

No, it is not God's will that we should let all these our brethren die needeless deaths. Don't blame it on the Almighty. We are our brother's keeper. He has given us ample means of stamping out preventable disease, but we don't use them. It is up to us.

We might as well admit the facts. Here they are: 16,000 North Carolinians are being sacrificed annually on the altar of ignorance and lethargy. Within the memory of some of us, common laborers were bought and sold for from $750 to $1,500 apiece. May we assume that the average value of these 16,000 of our loved ones is $1,700 each, or a total of over $27,000,000? That is a tremendous loss to ourt State—a heavy drain on our State's wealth.

We have 80,000 North Carolinians sick the year around. Half of this sickness is preventable. That leaves our needless sick loss at 40,000 for their entire time. Assuming that one-third of our sick are in the earning or productive period of life and earn on an average only $700 a year, we have, therefore 13,300 times 700 or over $9,000,000. Add $9,000,000 more for medicine, nursing and special food, and we have over $18,000,000 as our annual loss from sickness. This makes a total annual loss to North Carolina of $18,000,000 plus $27,000,000, or over $45,000,000 annually.

Talk about conservation of national resources—here's the greatest opportunity open for us today. No other opportunity will compare with it.

When it is estimated that our State loses as much as $5,000,000 annually in excessive freight rates, we hold conventions and conferences, we organize just freight rate associations all over the state and call extra sessions of the legislature; but when we lose $45,000,000 worth of our best North Carolina citizenship no one gets excited, no one talks of an extra session. Why? The main trouble is that most of us don't know that we are suffering a loss of $45,000,000 annually. Many of us that do know it don't know that the loss is preventable. When we once recognize that this $45,000,000 is a preventable loss and can be stopped, we will take up the main issue. We will begin public health work in earnest. As it is now, there is practically no public health work done in over 85 per cent of the counties. The only work done there is what the State Board of Health can do through its health literature, lectures, and various campaigns. —N. C. Health Bulletin.

We Need Trained Men in Health Work But the Low Salaries Paid Do Not Attract.

"Here' the City of New York employing eighty-five thousand persons and spending a hundred million dollars a year for labor. Yet we can't get the men we want to work for the city except by going out to the railroads and industrial concerns we happen to be interested in and taking them by main force. Did you ever hear of a man leaving a good railroad job to take a city job—unless it was one of those few positions that get a man's name into the newspapers? It is always the other way. * * * * * **You've got to organize government business as private business is organized, before you can get the same kind of service that private business gets."**

A philanthropic lady has donated forty thousand dollars a year for five

years to start a school to train young men for city business. The cities of this country, as the census shows, are spending eight hundred million dollars a year. City business, if it is to be conducted properly, requires training and experience as much as railroad business or steel-mill business and this little school is the first attempt ever made to train men for city business. Already (1912) inquiries for trained men have been received from one hundred and six cities located in twenty-five States. The school begins with forty-eight pupils; forty-eight men won't go very far, but it's something to have a beginning.—Saturday Evening Post, September 20, 1913.

HELPING PEOPLE TO HEALTHY LIVING.

"We have been spending a great deal to develop our soil. We spend millions of dollars annually to keep fever away from our cattle and cholera away from our hogs. We spend other millions on the gypsy moth, but we let the health of the community take care of itself. I think the development of the people and fitting them to do their work in the world is quite as important as increasing the crops and protecting the hog. Take the fight against the mosquito, the fly and the hookworm. They are the most destructive animals on earth, and the money spent in their control will bring more dividends than that laid out on the boll weevil or the Texas tick."

Secretary Houston's analogy is striking. We have "let the health of the community take care of itself," And we have paid less attention to baby-destroying microbes than to crop-destroying insects.

What must be done? How shall we go about conserving human lives as we have —so promisingly—begun the conservation of the forests, the mineral resources, the water powers, the soils, and the crops?

Of course no one will be interested in that question who does not regard as of any special importance the preventing of disease and misery and the bettering of the public health. But, happily, there is a general recognition of the value of good health to a nation's people and a growing popular demand for information upon the proper care of the body and the remval of disease-breeding conditions. Witness the splendid campaign against tuberculosis. Witness the legislation directed against unhealthful factory practices. Witness the crusade against the "typhoid" house fly.

It would be hard today to find anybody to question the supreme importance of abolishing unnecessary diseases.

How?

The renowned Pasteur laid down the dictum:

"It is within the power of man to cause all germs to disappear from the earth."

Pasteur's statement was based upon his knowledge of the nature of disease organisms. Since his time, his reasoning has been proven to be correct in actual practice and accomplishment.

One hundred years ago small-pox was a common disease—as common as is tuberculosis today. In that time, *small-pox caused one-tenth of all deaths.* Today (if we make exception of the very infrequent epidemics which can be traced directly to the carelessness of the public), small-pox is so rare as to be *almost a medical curiosity.*

What did this?

A scientist, after patient research in his laboratory, made a discovery, and then this discovery was *backed up by public understanding.* Jenner gave vaccination to the world, but it would have done the world little good if the public had not *made use of it.*

The same story might be written about diphtheria antitoxin.

And history of the same sort is in the making today in the practical use that is being made of a vaccine in the elimination of typhoid.

Isn't there an idea in this? Scientists

may discover how to destroy disease germs, but all their discoveries are of no avail unless they are popularized.

Public health depends upon public education in health matters.—David F. Houston, Sec. Agriculture, U. S. A.

THE RIGHTS OF THE CHILD.

No child comes into this world of his own free will. Perhaps, if left to him to choose, he would not be here. But, since he is here, it is certainly his privilege to demand of those responsible for his presence and, from the general public, that sufficient provision be made for his physical health until he has reached the age of discretion and can take an active interest in legislation himself. Otherwise, through no fault of his own, later in life he may become a ward of the state, to his own inestimable shame and to the great expense of the commonwealth.

Surely, then, no one can deny him these privileges:

First, He is entitled to competent medical aid which will insure clean and sanitary surroundings at birth;

Second, He is entitled to clean and wholesome food and fresh air, unpoisoned by the smoke of factories and other harmful gases;

Third, He is entitled to a clean and sanitary house in which to live;

Fourth, He is entitled to have the schools which he is compelled to attend absolutely clean and sanitary and otherwise safeguarded so that his health may in no way be impaired;

Sixth, He is entitled to have the public halls, theatres, and other public places to which he may go for amusement clean and well ventilated;

Seventh, If he is compelled to work during the vacations or after school hours, or perhaps all of the time, he is entitled to have the places in which he works conducive to good health;

Eighth, He is entitled to receive instruction along sanitary lines so that he may fully appreciate the good physical health which comes from proper living conditions, and so that he may be able to grapple successfully with problems which may be encountered at his home and other places.

These rights have long since been recognized by competent health officers and they are now engaged in educating their constituency to the same degree of understanding. Generations may pass before the child has obtained all of his rights. Conditions in the slums of many of the large cities will have to be radically changed, but the final result will be a sturdy, healthy race, better fitted in every way to tackle the problems of life than their progenitors.

Industrial Hygiene.

Efficiency is the paramount factor in modern industry. Efficiency embraces not only modern buildings and equipment, but also takes into consideration the human element—the workman. This last force—conservation of the living machine—is not infrequently neglected in the theory of scientific management.

Imperfect ventilation, a close muggy atmosphere surcharged with noxious odors and an excessive amount of CO, strikingly affect the tone of the human body and promote inefficiency. The human body requires water and plenty of it to carry off the body's waste product. Absorption of the toxins within the body promote headache, lassitude and an inaptitude for work. We note with pleasure the abolition of the public drinking cup and the institution of sanitary drinking fountains in many workshops and factories.

The protection of the workman from harmful dusts, the prevention of industrial accidents and poisoning, the correction of faulty conditions which give rise to eye fatigue and strain, are bound to result in increased efficiency.

Foremen are employed to inspect machines, to replace work parts or

regulate the speed, but as a rule there is no one to care for the men who run the machines.

Perhaps the time is not far distant when the manufacturer seeking the highest efficiency will not be content with shop sanitation, but will find it to his advantage to provide systematic medical inspection of his employees and the conditions under which they live, with the object of preventing illness in the individual and the spread of disease in the shop.

Compulsory compensation to victims of industrial accidents is an argument in favor of medical inspection. "Would it not pay the employer to know what physical defects in the employee may contribute to an accident and thus take measures to prevent the same?" Would it not save the legal expense of contesting some law suit?

Human waste means idle machines, "green men" with subsequent lost time in supervision.

The employment of a man who is both a physician and hygienist is not only humane "but in certain places it has proved so advantageous to the employer as to be justified on broad business grounds." In these places the doctor has been supplemented by that of a nurse with excellent results.—Cincinnnati Health Bulletin.

Pure Air.

Man spends about one-third of his life in bed. This is a demand of Nature.

While man works body waste takes place faster than body repair; while he sleeps Nature tries to do for the man what it could not do during his walking hours.

How successfully Nature repairs body waste while you sleep depends very largely on the conditions under which Nature works.

Like man, Nature works very inefficiently in the presence of foul air. Bad air always means a bad job.

Inefficient repair implies a steady loss of physical and mental efficiency for the man.

A steady loss of physical efficiency sooner or later reduces man's natural resistence to his great enemy—disease. A loss in physical and mental powers means a loss in working ability and therefore a loss in earning capacity. How tremendously important it is, therefore, that Nature be given every opportunity to do its best work!

If Nature cannot do its best work in bad air, the thing to do is to give it pure air to work in.

Pure air in the sleeping-room is the thing, and this every man can get

The open widonw is your best safeguard against disease and loss of earning capacity.

Religiously make it your duty every night to open the window before retiring.

Pure air is impossible in a closed room.—Chicago Health Bulletin.

POINTED PARAGRAPHS.

Preventable diseases are born of ignorance—community as well as individual ignorance.

Education attacks preventable disease at the root of the trouble.

One of the most important activities of a health department should be its educational service. —Chicago Bulletin.

Make the treatment of preventable disease a direct charge on the public treasury and our money-wise statesmen very soon will become health-wise legislators.

A high death-rate from preventable disease is positive evidence of community inefficiency.

It is cheaper and easier to prevent most human ills than it is to cure them.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep the milk clean.

Butter fat (legal minimum) 3.25; Specific gavity (legal minimum) 1.029; Total solids (legal minimum) 11.75 indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

Milk Test for Retail Dairies, September and October, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Biltmore Certified	600	5	1.033	14.5
Biltmore	7,000	5.4	1.034	15.0
Fenner Farm	17,000	4.6	1.033	12.5
Oak Grove	21,000	4.6	1.034	14.5
Laurel Springs	22,000	5	1.031	13.8
Anandale	25,000	4.8	1.034	13.2
White Pine Creamery	25,000	4.5	1.0294	13.4
Pleasant Hill	25,000	5	1.031	15.9
Melrose	26,000	4.6	1.031	13.5
Mountain Range	27,000	5.0	1.031	13.9
Sevier	27,000	5.2	1.029	13.7
Sunset	30,000	5.0	1.031	13.9
Redmond	30,000	4.8	1.031	13.6
Violet	32,000	4.6	1.033	14.0
Dryman's Mountain	37,000	4.6	1.072	13.7
Locust Grove	37,000	5.2	1.0295	15.7
Edgewood	40,000	6.0	1.034	15.6
Oak Springs	40,000	5.8	1.020	13.5
Reed Farm	51,000	5.0	1.031	13.9
Woodfin	45,000	5.2	1.0295	13.8
Middlebrook	53,000	5.2	1.031	14.2
Wildwood	71,000	5.0	1.031	13.9

Milk Test for Wholesale Dairies, September and October, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Ed Sharp	15,000	4.8	1.031	13.7
Dillingham	20,000	5.0	1.029	13.5
Swain	25,000	4.8	1.030	13.4
Nettles	26,000	5.0	1,028	13.2
Cleveland	32,000	4.5	1.031	13.3
J. V. Baird	32,000	5.4	1.031	14.4
W. A. Baird	35,000	4.8	1.029	13.4
C. C. Greenwood	36,000	4.2	1.026	12.2
Scarborough	48,000	5.0	1.030	13.6
Griffin	48,000	4.5	1.030	13.0
Elmer Carter	51,000	4.2	1.030	12.7
Calloway	82,000	4.2	1.031	13.8
Carter Brothers	82,000	4.2	1.030	13.7
O. Baird	150,000	4.8	1.029	13.2

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 35 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. Dec., 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

HEALTH, being a priceless possession without which life is scarcely worth while, it stands to reason that man in his wisdom should adopt every possible means to safeguard that which to him is most precious.

SPEEDING up for the commercial advantage of a community with little or no thought to security of community health and life is the gravest form of inefficiency in community management.

WHO is there to-day foolhardy enough to question the supreme importance of abolishing unnecessary diseases?

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
DR. F. J. CLEMENGER. DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION White - 15,000 / Colored 5,000 **20,000**

QUARANTINE ORDINANCE.

THE JOINT HEALTH BOARD OF THE CITY OF ASHEVILLE DO ORDAIN:

Exposure to Infection.

Section 1. That no person shall knowingly expose himself, herself or any other person, or if he or she has power and authority to prevent, permit any other persons to be exposed to infection by scarlet fever diphtheria, measles, whooping cough, chicken pox, epidemic cerebro-spinal meningitis, small pox or typhoid fever unless such exposure is necessary for the proper care and treatment of a patient suffering with such disease.

Precaution to Be Taken by Nurses.

Sec. 2. That no person who is nursing a patient suffering from smallpox scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis, shall mingle with other persons who are not so engaged and who are not suffering from the disease from which the patient is suffering, until after said person has removed such outer garments as have been worn in the sick room and has properly disinfected the face and the hair if the hair has not been covered while in the sick room; nor in case of the diseases named and of typhoid fever until such person has properly disinfected the hands.

Restrictions Upon Persons on Infected Premises.

Sec. 3. That no person residing in any dwelling house or in any apartments where there is in said dwelling house or apartments a person suffering from smallpox, diphtheria, scarlet fever, measles, or epidemic cerebro-spinal meningitis, shall, while so residing and during the continuance of such disease, attend public or private school or Sunday school, or if the patient is suffering from diphtheria, scarlet fever or typhoid fever, engage in the manufacture, preparation, storage, or sale of food or beverage.

Sec. 4. That no person who has resided in any dwelling house or in any apartments while there was therein a person suffering from scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis shall, after the removal, death or recovery of such person, or after the removal of such person from such dwelling house or apartments, attend public or private scholo, or Sunday school, or, if the person was suffering from scarlet fever, typhoid fever, or diphtheria, engage in the manufacture, preparation, sale, or storage of food or beverage, without the written permission of the Health Officer of the City of Asheville, for a period following the first proper isolation of the patient,

when no disinfection is to be made, and when disinfection is necessary immediately following the completion of such disinfection, as may be directed by the Health Officer.

Who May Attend Funerals.

Sec. 5. When death has been due to diphtheria, scarlet fever, smallpox, or epidemic cerebro-spinal meningitis, no person other than the adult members of the immediate family of the deceased, and such other adult persons as may be necessary, shall attend the funeral services or any other gathering about the remains of the deceased unless specially authorized in writing by the Health Officer so to do. No person having power or authority to prevent, shall permit such attendance at said funeral service or gathering when such attendance is unlawful.

Funerals Not to Be Held in Church.

Sec. 6. That no person or persons shall carry the remains of any person who has died from diphtheria, scarlet fever, smallpox, measles, or epidemic cerebro-spinal meningitis, into any church or other place of public assembly, nor, if he has the power and authority, permit it to be done.

Care and Disposal of Body.

Sec. 7. Every person having power and authority so to do shall cause the dead body of any person who has died from diphtheria, scarlet fever, smallpox, measles or epidemic cerebro-spinal meningitis, as soon after death as possible, to be placed in a proper casket, and shall cause such casket to be closed and to be kept closed thereafter; and every person aforesaid shall cause any such body to be disposed of by burial or cremation within the City of Asheville or by transportation beyond the limits of the City of Asheville for burial or cremation, not later than the second day following the day of death.

Transportation of Dead Body.

Sec. 8. That no person or corporation shall convey or transport a body dead from diphtheria, scarlet fever, smallpox, measles, epidemic cerebro-spinal meningitis, or typhoid fever, beyond the limits of the City of Asheville by means of any common carrier unless said body has been embalmed arterially and by cavities, and is wrapped in a sheet saturated with a solution of formaldehyde gas of approximately 40 per cent strength, or with a five per cent aqueous solution of carbolic acid, or a three per cent aqueous mixture of compound cresol solution, or an aqueous solution of bichloride of mercury 1 part to 500; and the casket or case in which the body is placed must be metal lined and made air-tight by means of solder or by means of proper rubber gaskets; the preparation of the body in accordance with these regulations to be evidenced by an affidavit of the undertaker who prepares the body for transportation, duly filed with the Health Officer. Bodies when so prepared may be coveyed outside the City of Asheville.

Posting of Warning Signs.

Sec. 9. Whenever it comes to the knowledge of the Health Officer of the City of Asheville, either by a certificate sent to him as provided by law or otherwise that any person in said City is suffering from scarlet fever, smallpox, diphtheria, measles, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis or typhoid fever, said Health Officer shall cause one or more suitable warning signs to be placed in a conspicious position or positions upon, at, or near the principal entrance or entrances to the building in which such person is, so that the same can be distinctly seen by persons

about to enter such building excepting in case of typhoid fever when the pacard may be posted on the back door. Provided, However, that if such building be a hospital, aslyum, hotel, apartment house, or school, and in any case where two or more bed rooms and a bath room, including a water closet, are reserved for the exclusive use of the patient and of those in attendance upon such patient, said warning signs may, in the discretion of the said Health Officer, be placed in a conspicuous postion or positions within said building, at such place or places as said Health Officer may designate; and, Provided further, that in addition to or in lieu of the warning signs provided for above, said Health Officer may station a watchman or watchmen at or in such building for the purpose of enforcing compliance with the provisions of law and these regulations

Interference With Warning Signs.

Sec. 10. That no person shall, without the written consent of the Health Officer, handle, deface, obliterate, remove, or cancel any warning sign displayed in accordance with these regulations.

Duties of Health Officer.

Sec. 11. The Health Officer shall make such investigations into the nature and origin of cases of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, and typhoid fever, occuring in the City of Asheville, as in his judgment may be necessary to prevent the spread of any of said diseases, and shall co-operate with persons having charge of patients suffering from such diseases as he deems needful for the prevention of the spread thereof. And in the discharge of each and every one of the duties herein imposed. the Health Officer may act not only in person but also through employees in the service of the Health Department of the City of Asheville duly designated by him for that purpose.

Interference With Health Officer.

Sec. 12. That no person shall interfere with the Health Officer, or with any officer, employee, or agent of the Health Department in the enforcement of these regulations.

Management of Suspected Cases.

Sec. 13. That any person who is suffering from symptoms that so resemble those of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, or typhoid fever that they cannot be distinguished therefrom with reasonable certainty shall be regarded for the purpose of these regulations as suffering from the disease the symptoms of which appear to represent; Provided, However, that no warning signs shall be displayed except in cases definitely diagnosed as one of the above acute infectious diseases.

Duration of Quarantine.

Sec. 14. The duration of quarantine for measles shall be 14 days from the appearance of the rash or longer, in the discretion of the Health Officer, if a discharge from the nose or ears, or the catarrhal condition of the throat continues.

Diphtheria.

A. A person suffering from diphtheria shall not be released from quarantine until two successive swabs from the throat, forty-eight hours intervening, shall be found free from the diphtheria bacilli. Such swabs to have been incubated for twenty-four hours, the incubation and the bacteriological examination to have been done in the laboratory of the Health Department. Swabs presented for examination for

release must be taken by a physician or by some one especially authorized by the Health Officer.

Scarlet Fever.

B. The duration of quarantine for scarlet fever shall be six weeks from the appearance of the rash and longer, in the discretion of the Health Officer, if there continues to be a discharge from the nose or ears, or until desquamation is complete.

Smallpox.

C. The duration of quarantine for smallpox shall be until desquamation is completed, to the satisfaction of the Health Officer.

Epidemic Cerebro-Spinal Meningitis.

D. The duration of quarantine for epidemic cerebro-spinal meningitis shall be six weeksfrom the apearance of the disease.

Acute Anterior Poliomyelitis or Infantile Paralysis.

E. The duration of quarantine for acute anteior poliomyelitis shall be six weeks from the beginning of the disease.

Isolation or Quarantine.

Sec. 15. Isolation or quarantine is defined to be the complete separation of the persons sick with a communicable disease as prescribed herein and by law, and those attendant upon such person, from all other persons whomsoever.

Room Quarantine.

Sec. 16. Room quarantine shall consist of complete isolation of the sick person and nurse or attendant in one room of a house or in a suite of rooms in a house, and when room quarantine is established no person shall be allowed to go in or out of the room or suite quarantined except the physician in attendance or the Health Officer except on written permission of the Health Officer. When such room has more than one door, one only shall be used and all other doors shall be closed and sealed, except such as may lead into a closet. The door to be used shall have a sheet curtain on the outside, which curtain shall at all times be kept moist with a disinfectant solution. All dishes or vessels of any kind used in the sick room shall be submerged in a disinfectant solution for not less than thirty minutes before removal from the room. All clothing and bed clothing shall be treated in like manner before removal. Also all slops and discharges shall be treated with a disinfectant solution before removal from room. No piece of furniture or other article whatsoever, except as above specified, shall be removed from the room until quarantine is raised. No person who may be in the room at the time the case is quarantined or who may thereafter enter the room shall be allowed to leave such room before quarantine is raised except upon the express permission of the Health Officer. No occupant of the house in which a case is quarantined shall enter or visit other houses or attend public meeting or assemblies, and no cat, dog or other pet animal shall be allowed to enter a quarantined room.

House Quarantine.

Sec. 17. House quarantine shall consist of complete isolation of the entire house and every person therein, and no one shall be allowed to go into or come out of a house so quarantined, except the attending physician or Health Officer, except as hereinafter provided.

Sec. 18 The following diseases shall be isolated according to room quarantine as herein provided, measles, diphtheria, scarlet fever, eqidemic cerebrospinal meningitis, acute anterior poliomyelitis.

Diphtheria.

Sec. 19. All school children living or resident in the house at the time the

case is discovered, may, after two cultures from the throat shows negative, 48 hours intervening, after incubation for twelve hours, and examination by the City Bacteriologist, and after proper disinfection of the entire surface of the body and clothing, be allowed to remove to some other house, and conduct themselves in regard to attendance upon school, assemblies and other ways as if they had not been exposed to diphtheria, provided, that children under fifteen years so exposed shall have been immunized against diphtheria by a proper dose of diphtheria anti-toxin, provided that in case no immunizing dose of antitoxin is given, the child shall not return to school until two weeks after the last exposure and the throat shows two negative cultures, forty-eight hours intervening. The child who has been sick with diphtheria may return to school immediately after the quarantine is raised.

Diphtheria Carriers.

Sec. 20. If any person is found by proper laboratory examination to harbor in his or her throat or nose or ears the diphtheria bacillus and who has had no sore throat and has not been clinically ill with diphtheria, he or she shall be considered a carrier of diphtheria and the house shall be placarded with the warning sign of diphtheria, except that the warning sign shall have just below the word DIPHTHERIA the word CARRIER in small letters, and the said diphtheria carrier shall be required to stay on and not leave the premises, and not go within twenty-five feet of any other person, save members of his or her own family. And the other members of such family and other persons resident upon the premises at the time shall govern themselves and be subject to the rules laid down in cases of diphtheria.

Withdrawal of Children From School.

Sec. 21. In case a physician suspects a sore throat to be diphtheria it shall be his duty to advise the parents of the child of his suspicion and he shall notify the parents to isolate the child and such child shall be isolated as provided in cases of diphtheria and all other children resident on the premises shall remain thereupon as required in cases of diphtheria, pending a bacteriological diagnosis of the disease by the City Bacteriologist and it shall be the duty of the attending physician in such cases to submit a swab of the suspected throat for such purposes and if, upon examination, such swab shows positive for diphtheria bacilli the case shall be considered diphtheria, if such examination shows negative for diphtheria bacilli and the case is clinically diphtheria, it shall be regarded as diphtheria.

Scarlet Fever.

Sec. 22. That a person with a rash reasonably suspected to be scarlet fever shall be isolated from the other members of the family, and other children of the household or resident in the house shall be required to remain on the premises and all other rules and regulations in regard to room quarantine shall be in full force and effect, until such time as the attending physician shall become satisfied that the case is not scarlet fever. Should the case prove to be scarlet fever the attending physician shall immediately notify the Health Officer as required by law and room quarantine shall be established.

When Children May Return to School.

Sec. 23. The child who has been ill with scarlet fever and the other children of the household or resident therein, will be allowed to return to school as soon as the quarantine is raised, provided the attending physician will furnish a written statement to the Health Officer that to the best of his

knowledge and belief a strict room quarantine according to the rules of this ordinance, has been kept during the entire period the quarantine has been in force. Otherwise the quarantine shall remain in full force and effect for two weeks longer.

Measles.

Sec. 24. When a person is ill with measles in a house, room quarantine shall be established and all persons resident upon the premises who are not immune, i.e., who have not had the disease, shall observe the rules of room quarantine; but those who are immune shall not be subject to quarantine for measles in any way. While the quarantine for measles shall be raised fourteen days after the eruption appears, those in the household not immune to measles shall continue to remain on the premises for yet seven other days and shall not be allowed to return to school until the expiration thereof.

Smallpox.

Sec. 25. In case smallpox is discovered in a house house quarantine shall be established, and the house shall be guarded night and day by a guard or guards appointed by the Health Officer, the expense of same to be borne by the resident of the house at the time; provided, that in case the householder or patient prefers he or she may be transferred to the contagious disease hospital and cared for at the expense of the city and county, and provided the householder or patient is unable or unwilling or neglects or refuses to pay the expenses incident thereto, then it shall be the duty of the Health Officer to have such person or persons so infected transferred to the contagious disease hospital; provided, further, that any resident in a house where a case of smallpox is, who has a good viccination scar upon being revaccinated and upon proper disinfection of the person and clothing will be allowed to leave the house and remain away as if he or she had never been exposed to small pox; provided, that it shall be the duty of the Health Officer in case smallpox occurs in a house to vaccinate all persons resident in said house, and all persons who may have been exposed to the disease, and after the vaccination takes on such persons as could not show a good scar, then such persons, after a satisfactory disinfection of their person and clothing, may be released from quarantine by order of the Health Officer, and may be allowed to leave the house, not to return again until quarantine is raised. It shall be the duty of the Health Officer to re-vaccinate any such person who could not show a good scar and upon whom the vaccination does not take at the expiration of seven days, and if, upon re-vaccination the same does not take then such person shall remain upon the premises fourteen days after quarantaine is raised. When the patient is removed to the hospital for contagious diseases, the house or room shall be fumigated by the official fumigator under the direction of the Health Officer and the quarantin shall be raised as if the patient had recovered.

Smallpox Suspects.

Sec. 26. Any person who is found in the house where a case of smallpox is discovered or any person whom the Health Officer has reason to believe has been exposed to a case of smallpox, and who cannot show a good scar, shall be considered a suspect, and shall be quarantined according to the rules for house quarantine or removed to the hospital for contagious diseases, but shall not be allowed to further expose himself to those affected with smallpox, and the Health Officer is hereby required to vaccinate such suspects unless they have been vaccinated by some other physician, and at the end of seven days to re-vaccinate such

person if the former vaccination has not taken, and the suspect shall be kept in quarantine or in the hospital for contagious diseases for a period of fourteen days from the date of last exposure to smallpox, and after the expiration of said fourteen days if the said suspect has not developed smallpox, he or she shall be released.

Epidemic Cerebro-Spinal Meningitis.

Sec. 27.. Quarantine for epidemic cerebro-spinal meningitis shall be the same period and in the same manner as provided for scarlet fever.

Acute Anterior Poliomyelitis.

Sec. 28. Quarantine for acute anterior poliomyelities of infantile paralysis shall be for the same period and in the same manner as provided for scarlet fever.

Typhoid Fever.

Sec. 29. In case of typhoid fever the placard or warning may be placed on the back door or the front door or the back and front doors or near thereto, and no other quarantine shall be established. But the other members of the household are warned not to touch the person or excretions of the patient and if necessary so to do they are hereby required to immediately wash the hands thoroughly in a disinfectant solution. The nurse or attendant is also hereby required to thoroughly disinfect the excretions from the body of the patient ill with typhoid fever before pouring them into the water closet, or making other disposition thereof, and in case there is no water closet they must be buried where they are not likely to be disturbed. The rules in regard to the disinfection of dishes, linen, clothing, etc., in room quarantine herein provided for shall be observed in cases of typhoid fever.

Typhoid Carriers.

Sec. 30. That no typhoid carrier shall be allowed to handle any food products that are to be eaten raw or beverages or to work in any dairy or milk depot handling milk or butter to be sold in the City of Asheville, and no person who has ever had typhoid, shall work in any milk depot that distributes milk or milk products in the City of Asheville, until he shall have satisfied the Health Officer that he is not a typhoid carrier.

Mumps.

Sec. 31. That no person who has mumps shall attend school, or leave the house premises, for two weeks from the first symptoms of the disease.

Whooping Cough.

Sec. 32. That no child who has whooping cough shall attend school, or be allowed to come in contact with other children who have not had the disease, until six weeks from the onset of the disease, or if the spasmodic stage shall last longer, until such child shall have recovered from the spasmodic stage of the disease. And it shall be the duty of the Health Officer when it shall come to his knowledge of the existence of whooping cough in a house to placard or place a warning sign in a conspicuous place near the entrance to such house, which shall remain for six weeks from the onset of the disease and as much longer as such child shall remain ill with the disease. And during said period it shall be the duty of the parents or guardian or other person in authority, not to allow such child to go off of the premises or come within twenty-five feet of any other person who is not immune to the disease.

Sec. 33. Immediately upon receipt of information of the existence of any of the foregoing diseases, the Health Officer shall personally or through some officers of the Health Department visit the house where such disease is reported, and ascertain possible source of infection, milk supply, water supply,

general sanitary condition of house and premises and the number and names of children of school age and school attended by such children and file a record of such with the Clerk of the health department, and upon receipt of this information the Clerk of the health department shall transmit the same to the superintendent of all schools attended by such children who shall cause such information to be brought to the attention of the teacher of such children. The Clerk shall also keep a card index of all dairies furnishing milk to residents of the City of Asheville and shall note each disease mentioned in this ordinance and immediately notify such dairyman who may be furnishing milk upon the premises, giving the name of the householder and street number. Upon the raising of quarantine said Clerk shall notify such dairyman thereof and the superintendent of schools aforesaid.

Sec. 34. That no person resident in a house where any of the diseases herein mentioned exists shall sell any food, beverage or milk or work where the same is manufactured or handled, except upon written permission of the Health Officer.

Sec. 35. It shall be the duty of the Health Officer or other officer of the health department at the time he makes his first inspection of the premises where any disease mentioned in this ordinance exists, and when he tacks up the placard or warning sign, to hand the householder a printed copy of the laws, rules and regulations governing such disease and those connected therewith, and such other instructions or information as may be prepared or secured from time to time by the Board of Health.

Sec. 36. It shall be the duty of the Health Officer or such other officer of the Health Department as may be instructed so to do by the Health Officer, to make such additional visits to houses under quarantine as may seem desirable, to ascertain whether the quarantine regulations are being observed.

Sec. 37. When the Health Officer has reason to suspect that any disease mentioned in this ordinance, or any disease dangerous to the public health, may exist in any house or place within the City of Asheville, it shall be his duty to make such examination thereof as he may deem necessary to determine whether or not such disease exists, and no person shall interfere with any officer making uch examination.

Disinfection and Fumigation

Sec. 38. When a person shall have recovered from smallpox, diphtheria, scarlet fever, or epidemic cerebro-spinal meningitis, or after a person suffering with any of these diseases shall have been removed from a room, the room or rooms occupied by such person shall be fumigated with formaldehyde gas by the official fumigator of the Health Department according to the directions of the Board of Health or Health Officer and a charge therefor of $1.25 per room if only one room, or $1.00 per room if more than one room, shall be made against the householder and collected by the official fumigator at the time of fumigation, and turned over to the Sanitary Inspector. When a person suffering with typhoid fever, measles, whooping cough, or acute anterior poliomyelitis has recovered or removed from a room or house, the woodwork in such house or room, shall be thoroughly scrubbed or washed with a 3 per cent solution of compound cresol or other antiseptic solution satisfactory to the Board of Health or Health Officer.

Dairymen.

Sec. 39. That it shall be the duty of every dairyman or other person furnishing milk or milk products to the residents of the City of Asheville, or any

milk -depot, or creamery, after con ferring with every employee, to make a report to the Health Officer once weekly, giving the name and address of every employee connected in any way with the handling of milk or milk products for use, sale or distribution in the City of Asheville, and stating whether or not any employee or any member of any employee's family is sick or has been sick since last report, with any of the diseases mentioned in this ordinance; and such employee having any member of his family sick with either of such diseases shall not work therein until he satisfies the Board of Health or Health Officer that he is conducting and will conduct himself so that he will not become a menace to the health of the people of Asheville and until he receives a certificate in writing from the Health Officer allowing him to return to work.

Sec. 39.-a. In all cases in which the Health Officer shall exercise his discretion as provided in this ordinance, any person interested in such decision may appeal therefrom to the Board of Health, which Board shall hear and determine said appeal within 24 hours from the receipt of notice thereof to the Mayor.

Sec. 40. That any person violating any of the provisions of the foregoing ordinance shall, upon conviction, be subject to a penalty of fifty dollars for each and every such offense.

Sec. 41. That all ordinances and clauses of ordinances in conflict with any of the provisions of this ordinance be, and the same are hereby, repealed.

Sec. 42. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

I move the adoption of the foregoing ordinance.

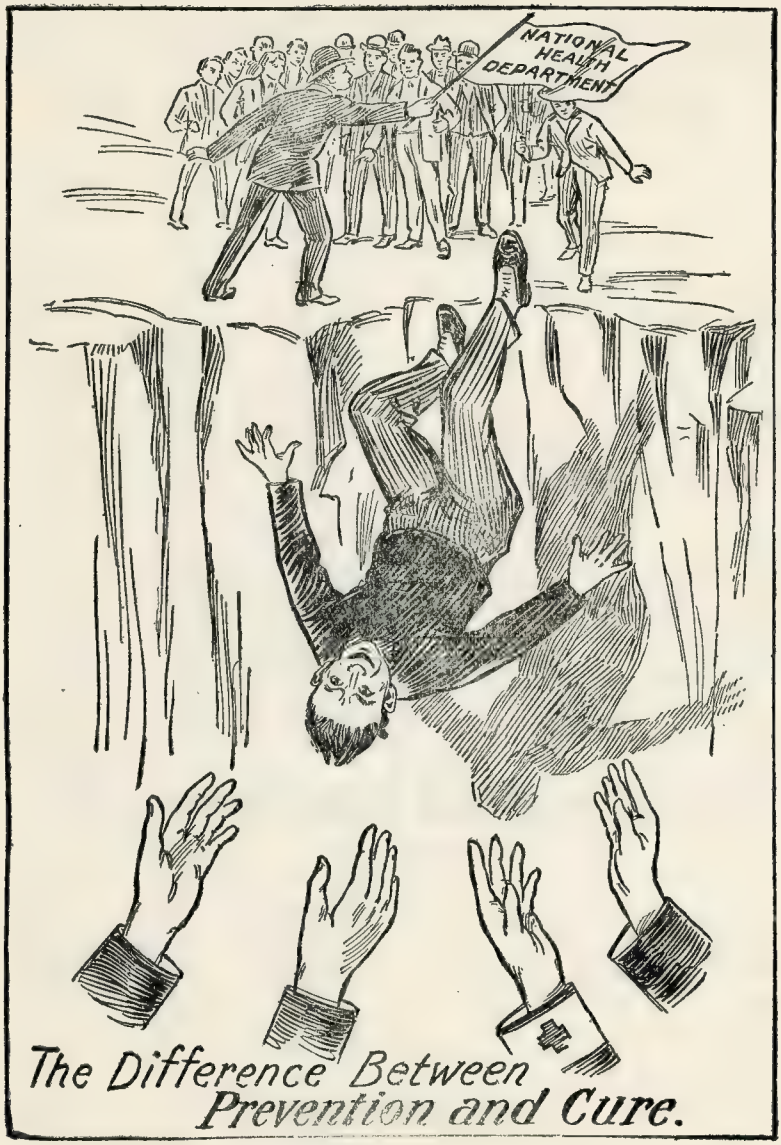
W. L. DUNN.

Approved as to form, November 14, 1913.

S. G. BERNARD,
Corporation Counsel.

These ordinances have been passed first for the protection of the people of Asheville and second so that the necessary quarantine should subject the persons quarantined to as little expense and inconvenience as possible. If all citizens will co-operate with the Health Department the above results will be obtained.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"



Why Not Apply this old Adage to the Prevention of Contagious Diseases?

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep the milk clean.

Butter fat (legal minimum) **3.25**; Specific gavity (legal minimum) **1.029**; Total solids (legal minimum) **11.75** indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

Milk Test for Retail Dairies, November, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Biltmore Certified	700	5.0	1.032	14.2
Biltmore	1,200	6.0	1.0325	15.2
Violet	14,000	5.0	1.030	13.7
Fenner Farm	16,000	5.0	1.0295	13.5
Laurel Springs	18,000	4.2	1.029	12.5
White Pine	20,000	4.6	1.033	13.8
Melrose	23,000	4.8	1.029	13.1
Oak Grove	26,000	4.6	1.033	13.8
Sunset	27,000	4.2	1.034	13.8
Sevier	28,000	4.0	1.029	12.2
Oak Springs	31,000	5.0	1.033	14.4
Woodfin	32,000	4.6	1.032	13.6
Reed Farm	36,000	4.5	1.032	13.5
Mountain Range	36,000	4.4	1.029	12.7
Edgewood	39,000	4.4	1.033	13.7
Locust Grove	41,000	4.6	1.033	13.8
Middlebrook	46,000	5.0	1.034	14.6
Dryman's Mountain	50,000	4.4	1.0325	13.6
Pleasant Hill	55,000	5.4	1.030	14.2
Wildwood	60,000	5.2	1.033	14.6

Milk Test for Wholesale Dairies, November, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Sharp	13,000	5.0	1.0298	13.4
Nettles	21,000	4.4	1.0294	12.6
Dillingham	21,000	4.6	1.031	13.4
Swain	23,000	4.6	1.0295	12.8
J. V. Baird	25,000	4.8	1.028	12.9
W. A. Baird	29,000	4.8	1.028	12.9
C. C. Greenwood	32,000	4.6	1.029	12.8
Redmond	32,000	4.2	1.029	12.5
Elmer Carter	35,000	5.0	1.029	13.2
Scarborough	37,000	4.5	1.029	12.7
Griffin	47,000	5.5	1.033	15.0
Calloway	51,000	5.0	1.0285	13.2
Carter Brothers	53,000	4.8	1.029	13.0
O. Baird	66,000	6.0	1.028	14.4

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 35 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. Dec., 1913

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demands*** that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

HEALTH, being a priceless possession without which life is scarcely worth while, it stands to reason that man in his wisdom should adopt every possible means to safeguard that which to him is most precious.

SPEEDING up for the commercial advantage of a community with little or no thought to security of community health and life is the gravest form of inefficiency in community management.

WHO is there to-day foolhardy enough to question the supreme importance of abolishing unnecessary diseases?

Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. L. B. MCBRAYER. DR. E. B. GLENN.
DR. F. J. CLEMENGER. DR. W. L. DUNN.

SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS.

L. B. MCBRAYER, M. D., Health Officer, Phones: Residence, 124; Office 390.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

POPULATION White - 15,000 / Colored 5,000 **20,000**

QUARANTINE ORDINANCE.

THE JOINT HEALTH BOARD OF THE CITY OF ASHEVILLE DO ORDAIN:

Exposure to Infection.

Section 1. That no person shall knowingly expose himself, herself or any other person, or if he or she has power and authority to prevent, permit any other persons to be exposed to infection by scarlet fever diphtheria, measles, whooping cough, chicken pox, epidemic cerebro-spinal meningitis, small pox or typhoid fever unless such exposure is necessary for the proper care and treatment of a patient suffering with such disease.

Precaution to Be Taken by Nurses.

Sec. 2. That no person who is nursing a patient suffering from smallpox scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis, shall mingle with other persons who are not so engaged and who are not suffering from the disease from which the patient is suffering, until after said person has removed such outer garments as have been worn in the sick room and has properly disinfected the face and the hair if the hair has not been covered while in the sick room; nor in case of the diseases named and of typhoid fever until such person has properly disinfected the hands.

Restrictions Upon Persons on Infected Premises.

Sec. 3. That no person residing in any dwelling house or in any apartments where there is in said dwelling house or apartments a person suffering from smallpox, diphtheria, scarlet fever, measles, or epidemic cerebro-spinal meningitis, shall, while so residing and during the continuance of such disease, attend public or private school or Sunday school, or if the patient is suffering from diphtheria, scarlet fever or typhoid fever, engage in the manufacture, preparation, storage, or sale of food or beverage.

Sec. 4. That no person who has resided in any dwelling house or in any apartments while there was therein a person suffering from scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis shall, after the removal, death or recovery of such person, or after the removal of such person from such dwelling house or apartments, attend public or private scholo, or Sunday school, or, if the person was suffering from scarlet fever, typhoid fever, or diphtheria, engage in the manufacture, preparation, sale, or storage of food or beverage, without the written permission of the Health Officer of the City of Asheville, for a period following the first proper isolation of the patient,

when no disinfection is to be made, and when disinfection is necessary immediately following the completion of such disinfection, as may be directed by the Health Officer.

Who May Attend Funerals.

Sec. 5. When death has been due to diphtheria, scarlet fever, smallpox, or epidemic cerebro-spinal meningitis, no person other than the adult members of the immediate family of the deceased, and such other adult persons as may be necessary, shall attend the funeral services or any other gathering about the remains of the deceased unless specially authorized in writing by the Health Officer so to do. No person having power or authority to prevent, shall permit such attendance at said funeral service or gathering when such attendance is unlawful.

Funerals Not to Be Held in Church.

Sec. 6. That no person or persons shall carry the remains of any person who has died from diphtheria, scarlet fever, smallpox, measles, or epidemic cerebro-spinal meningitis, into any church or other place of public assembly, nor, if he has the power and authority, permit it to be done.

Care and Disposal of Body.

Sec. 7. Every person having power and authority so to do shall cause the dead body of any person who has died from diphtheria, scarlet fever, smallpox, measles or epidemic cerebro-spinal meningitis, as soon after death as possible, to be placed in a proper casket, and shall cause such casket to be closed and to be kept closed thereafter; and every person aforesaid shall cause any such body to be disposed of by burial or cremation within the City of Asheville or by transportation beyond the limits of the City of Asheville for burial or cremation, not later than the second day following the day of death.

Transportation of Dead Body.

Sec. 8. That no person or corporation shall convey or transport a body dead from diphtheria, scarlet fever, smallpox, measles, epidemic cerebro-spinal meningitis, or typhoid fever, beyond the limits of the City of Asheville by means of any common carrier unless said body has been embalmed arterially and by cavities, and is wrapped in a sheet saturated with a solution of formaldehyde gas of approximately 40 per cent strength, or with a five per cent aqueous solution of carbolic acid, or a three per cent aqueous mixture of compound cresol solution, or an aqueous solution of bichloride of mercury 1 part to 500; and the casket or case in which the body is placed must be metal lined and made air-tight by means of solder or by means of proper rubber gaskets; the preparation of the body in accordance with these regulations to be evidenced by an affidavit of the undertaker who prepares the body for transportation, duly filed with the Health Officer. Bodies when so prepared may be coveyed outside the City of Asheville.

Posting of Warning Signs.

Sec. 9. Whenever it comes to the knowledge of the Health Officer of the City of Asheville, either by a certificate sent to him as provided by law or otherwise that any person in said City is suffering from scarlet fever, smallpox, diphtheria, measles, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis or typhoid fever, said Health Officer shall cause one or more suitable warning signs to be placed in a conspicious position or positions upon, at, or near the principal entrance or entrances to the building in which such person is, so that the same can be distinctly seen by persons

about to enter such building excepting in case of typhoid fever when the pacard may be posted on the back door. Provided, However, that if such building be a hospital, aslyum, hotel, apartment house, or school, and in any case where two or more bed rooms and a bath room, including a water closet, are reserved for the exclusive use of the patient and of those in attendance upon such patient, said warning signs may, in the discretion of the said Health Officer, be placed in a conspicuous postion or positions within said building, at such place or places as said Health Officer may designate; and, Provided further, that in addition to or in lieu of the warning signs provided for above, said Health Officer may station a watchman or watchmen at or in such building for the purpose of enforcing compliance with the provisions of law and these regulations

Interference With Warning Signs.

Sec. 10. That no person shall, without the written consent of the Health Officer, handle, deface, obliterate, remove, or cancel any warning sign displayed in accordance with these regulations.

Duties of Health Officer.

Sec. 11. The Health Officer shall make such investigations into the nature and origin of cases of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, and typhoid fever, occuring in the City of Asheville, as in his judgment may be necessary to prevent the spread of any of said diseases, and shall co-operate with persons having charge of patients suffering from such diseases as he deems needful for the prevention of the spread thereof. And in the discharge of each and every one of the duties herein imposed. the Health Officer may act not only in person but also through employees in the service of the Health Department of the City of Asheville duly designated by him for that purpose.

Interference With Health Officer.

Sec. 12. That no person shall interfere with the Health Officer, or with any officer, employee, or agent of the Health Department in the enforcement of these regulations.

Management of Suspected Cases.

Sec. 13. That any person who is suffering from symptoms that so resemble those of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, or typhoid fever that they cannot be distinguished therefrom with reasonable certainty shall be regarded for the purpose of these regulations as suffering from the disease the symptoms of which appear to represent; Provided, However, that no warning signs shall be displayed except in cases definitely diagnosed as one of the above acute infectious diseases.

Duration of Quarantine.

Sec. 14. The duration of quarantine for measles shall be 14 days from the appearance of the rash or longer, in the discretion of the Health Officer, if a discharge from the nose or ears, or the catarrhal condition of the throat continues.

Diphtheria.

A. A person suffering from diphtheria shall not be released from quarantine until two successive swabs from the throat, forty-eight hours intervening, shall be found free from the diphtheria bacilli. Such swabs to have been incubated for twenty-four hours, the incubation and the bacteriological examination to have been done in the laboratory of the Health Department. Swabs presented for examination for

release must be taken by a physician or by some one especially authorized by the Health Officer.

Scarlet Fever.

B. The duration of quarantine for scarlet fever shall be six weeks from the appearance of the rash and longer, in the discretion of the Health Officer, if there continues to be a discharge from the nose or ears, or until desquamation is complete.

Smallpox.

C. The duration of quarantine for smallpox shall be until desquamation is completed, to the satisfaction of the Health Officer.

Epidemic Cerebro-Spinal Meningitis.

D. The duration of quarantine for epidemic cerebro-spinal meningitis shall be six weeksfrom the apearance of the disease.

Acute Anterior Poliomyelitis or Infantile Paralysis.

E. The duration of quarantine for acute anteior poliomyelitis shall be six weeks from the beginning of the disease.

Isolation or Quarantine.

Sec. 15. Isolation or quarantine is defined to be the complete separation of the persons sick with a communicable disease as prescribed herein and by law, and those attendant upon such person, from all other persons whomsoever.

Room Quarantine.

Sec. 16. Room quarantine shall consist of complete isolation of the sick person and nurse or attendant in one room of a house or in a suite of rooms in a house, and when room quarantine is established no person shall be allowed to go in or out of the room or suite quarantined except the physician in attendance or the Health Officer er cept on written permission of the Health Officer. When such room has more than one door, one only shall be used and all other doors shall be closed and sealed, except such as may lead into a closet. The door to be used shall have a sheet curtain on the outside, which curtain shall at all times be kept moist with a disinfectant solution. All dishes or vessels of any kind used in the sick room shall be submerged in a disinfectant solution for not less than thirty minutes before removal from the room. All clothing and bed clothing shall be treated in like manner before removal. Also all slops and discharges shall be treated with a disinfectant solution before removal from room. No piece of furniture or other article whatsoever, except as above specified, shall be removed from the room until quarantine is raised. No person who may be in the room at the time the case is quarantined or who may thereafter enter the room shall be allowed to leave such room before quarantine is raised except upon the express permission of the Health Officer. No occupant of the house in which a case is quarantined shall enter or visit other houses or attend public meeting or assemblies, and no cat, dog or other pet animal shall be allowed to enter a quarantined room.

House Quarantine.

Sec. 17. House quarantine shall consist of complete isolation of the entire house and every person therein, and no one shall be allowed to go into or come out of a house so quarantined, except the attending physician or Health Officer, except as hereinafter provided.

Sec. 18 The following diseases shall be isolated according to room quarantine as herein provided, measles, diphtheria, scarlet fever, eqidemic cerebrospinal meningitis, acute anterior poliomyelitis.

Diphtheria.

Sec. 19. All school children living or resident in the house at the time the

case is discovered, may, after two cultures from the throat shows negative, 48 hours intervening, after incubation for twelve hours, and examination by the City Bacteriologist, and after proper disinfection of the entire surface of the body and clothing, be allowed to remove to some other house, and conduct themselves in regard to attendance upon school, assemblies and other ways as if they had not been exposed to diphtheria, provided, that children under fifteen years so exposed shall have been immunized against diphtheria by a proper dose of diphtheria anti-toxin, provided that in case no immunizing dose of antitoxin is given, the child shall not return to school until two weeks after the last exposure and the throat shows two negative cultures, forty-eight hours intervening. The child who has been sick with diphtheria may return to school immediately after the quarantine is raised.

Diphtheria Carriers.

Sec. 20. If any person is found by proper laboratory examination to harbor in his or her throat or nose or ears the diphtheria bacillus and who has had no sore throat and has not been clinically ill with diphtheria, he or she shall be considered a carrier of diphtheria and the house shall be placarded with the warning sign of diphtheria, except that the warning sign shall have just below the word DIPHTHERIA the word CARRIER in small letters, and the said diphtheria carrier shall be required to stay on and not leave the premises, and not go within twenty-five feet of any other person, save members of his or her own family. And the other members of such family and other persons resident upon the premises at the time shall govern themselves and be subject to the rules laid down in cases of diphtheria.

Withdrawal of Children From School.

Sec. 21. In case a physician suspects a sore throat to be diphtheria it shall be his duty to advise the parents of the child of his suspicion and he shall notify the parents to isolate the child and such child shall be isolated as provided in cases of diphtheria and all other children resident on the premises shall remain thereupon as required in cases of diphtheria, pending a bacteriological diagnosis of the disease by the City Bacteriologist and it shall be the duty of the attending physician in such cases to submit a swab of the suspected throat for such purposes and if, upon examination, such swab shows positive for diphtheria bacilli the case shall be considered diphtheria, if such examination shows negative for diphtheria bacilli and the case is clinically diphtheria, it shall be regarded as diphtheria.

Scarlet Fever.

Sec. 22. That a person with a rash reasonably suspected to be scarlet fever shall be isolated from the other members of the family, and other children of the household or resident in the house shall be required to remain on the premises and all other rules and regulations in regard to room quarantine shall be in full force and effect, until such time as the attending physician shall become satisfied that the case is not scarlet fever. Should the case prove to be scarlet fever the attending physician shall immediately notify the Health Officer as required by law and room quarantine shall be established.

When Children May Return to School.

Sec. 23. The child who has been ill with scarlet fever and the other children of the household or resident therein, will be allowed to return to school as soon as the quarantine is raised, provided the attending physician will furnish a written statement to the Health Officer that to the best of his

knowledge and belief a strict room quarantine according to the rules of this ordinance, has been kept during the entire period the quarantine has been in force. Otherwise the quarantine shall remain in full force and effect for two weeks longer.

Measles.

Sec. 24. When a person is ill with measles in a house, room quarantine shall be established and all persons resident upon the premises who are not immune, i.e., who have not had the disease, shall observe the rules of room quarantine; but those who are immune shall not be subject to quarantine for measles in any way. While the quarantine for measles shall be raised fourteen days after the eruption appears, those in the household not immune to measles shall continue to remain on the premises for yet seven other days and shall not be allowed to return to school until the expiration thereof.

Smallpox.

Sec. 25. In case smallpox is discovered in a house house quarantine shall be established, and the house shall be guarded night and day by a guard or guards appointed by the Health Officer, the expense of same to be borne by the resident of the house at the time; provided, that in case the householder or patient prefers he or she may be transferred to the contagious disease hospital and cared for at the expense of the city and county, and provided the householder or patient is unable or unwilling or neglects or refuses to pay the expenses incident thereto, then it shall be the duty of the Health Officer to have such person or persons so infected transferred to the contagious disease hospital; provided, further, that any resident in a house where a case of smallpox is, who has a good viccination scar upon being revaccinated and upon proper disinfection of the person and clothing will be allowed to leave the house and remain away as if he or she had never been exposed to small pox; provided, that it shall be the duty of the Health Officer in case smallpox occurs in a house to vaccinate all persons resident in said house, and all persons who may have been exposed to the disease, and after the vaccination takes on such persons as could not show a good scar, then such persons, after a satisfactory disinfection of their person and clothing, may be released from quarantine by order of the Health Officer, and may be allowed to leave the house, not to return again until quarantine is raised. It shall be the duty of the Health Officer to re-vaccinate any such person who could not show a good scar and upon whom the vaccination does not take at the expiration of seven days, and if, upon re-vaccination the same does not take then such person shall remain upon the premises fourteen days after quarantaine is raised. When the patient is removed to the hospital for contagious diseases, the house or room shall be fumigated by the official fumigator under the direction of the Health Officer and the quarantin shall be raised as if the patient had recovered.

Smallpox Suspects.

Sec. 26. Any person who is found in the house where a case of smallpox is discovered or any person whom the Health Officer has reason to believe has been exposed to a case of smallpox, and who cannot show a good scar, shall be considered a suspect, and shall be quarantined according to the rules for house quarantine or removed to the hospital for contagious diseases, but shall not be allowed to further expose himself to those affected with smallpox, and the Health Officer is hereby required to vaccinate such suspects unless they have been vaccinated by some other physician, and at the end of seven days to re-vaccinate such

person if the former vaccination has not taken, and the suspect shall be kept in quarantine or in the hospital for contagious diseases for a period of fourteen days from the date of last exposure to smallpox, and after the expiration of said fourteen days if the said suspect has not developed smallpox, he or she shall be released.

Epidemic Cerebro-Spinal Meningitis.

Sec. 27.. Quarantine for epidemic cerebro-spinal meningitis shall be the same period and in the same manner as provided for scarlet fever.

Acute Anterior Poliomyelitis.

Sec. 28. Quarantine for acute anterior poliomyelities of infantile paralysis shall be for the same period and in the same manner as provided for scarlet fever.

Typhoid Fever.

Sec. 29. In case of typhoid fever the placard or warning may be placed on the back door or the front door or the back and front doors or near thereto, and no other quarantine shall be established. But the other members of the household are warned not to touch the person or excretions of the patient and if necessary so to do they are hereby required to immediately wash the hands thoroughly in a disinfectant solution. The nurse or attendant is also hereby required to thoroughly disinfect the excretions from the body of the patient ill with typhoid fever before pouring them into the water closet, or making other disposition thereof, and in case there is no water closet they must be buried where they are not likely to be disturbed. The rules in regard to the disinfection of dishes, linen, clothing, etc., in room quarantine herein provided for shall be observed in cases of typhoid fever.

Typhoid Carriers.

Sec. 30. That no typhoid carrier shall be allowed to handle any food products that are to be eaten raw or beverages or to work in any dairy or milk depot handling milk or butter to be sold in the City of Asheville, and no person who has ever had typhoid, shall work in any milk depot that distributes milk or milk products in the City of Asheville, until he shall have satisfied the Health Officer that he is not a typhoid carrier.

Mumps.

Sec. 31. That no person who has mumps shall attend school, or leave the house premises, for two weeks from the first symptoms of the disease.

Whooping Cough.

Sec. 32. That no child who has whooping cough shall attend school, or be allowed to come in contact with other children who have not had the disease, until six weeks from the onset of the disease, or if the spasmodic stage shall last longer, until such child shall have recovered from the spasmodic stage of the disease. And it shall be the duty of the Health Officer when it shall come to his knowledge of the existence of whooping cough in a house to placard or place a warning sign in a conspicuous place near the entrance to such house, which shall remain for six weeks from the onset of the disease and as much longer as such child shall remain ill with the disease. And during said period it shall be the duty of the parents or guardian or other person in authority, not to allow such child to go off of the premises or come within twenty-five feet of any other person who is not immune to the disease.

Sec. 33. Immediately upon receipt of information of the existence of any of the foregoing diseases, the Health Officer shall personally or through some officers of the Health Department visit the house where such disease is reported, and ascertain possible source of infection, milk supply, water supply,

general sanitary condition of house and premises and the number and names of children of school age and school attended by such children and file a record of such with the Clerk of the health department, and upon receipt of this information the Clerk of the health department shall transmit the same to the superintendent of all schools attended by such children who shall cause such information to be brought to the attention of the teacher of such children. The Clerk shall also keep a card index of all dairies furnishing milk to residents of the City of Asheville and shall note each disease mentioned in this ordinance and immediately notify such dairyman who may be furnishing milk upon the premises, giving the name of the householder and street number. Upon the raising of quarantine said Clerk shall notify such dairyman thereof and the superintendent of schools aforesaid.

Sec. 34. That no person resident in a house where any of the diseases herein mentioned exists shall sell any food, beverage or milk or work where the same is manufactured or handled, except upon written permission of the Health Officer.

Sec. 35. It shall be the duty of the Health Officer or other officer of the health department at the time he makes his first inspection of the premises where any disease mentioned in this ordinance exists, and when he tacks up the placard or warning sign, to hand the householder a printed copy of the laws, rules and regulations governing such disease and those connected therewith, and such other instructions or information as may be prepared or secured from time to time by the Board of Health.

Sec. 36. It shall be the duty of the Health Officer or such other officer of the Health Department as may be instructed so to do by the Health Officer, to make such additional visits to houses under quarantine as may seem desirable, to ascertain whether the quarantine regulations are being observed.

Sec. 37. When the Health Officer has reason to suspect that any disease mentioned in this ordinance, or any disease dangerous to the public health, may exist in any house or place within the City of Asheville, it shall be his duty to make such examination thereof as he may deem necessary to determine whether or not such disease exists, and no person shall interfere with any officer making uch examination.

Disinfection and Fumigation

Sec. 38. When a person shall have recovered from smallpox, diphtheria, scarlet fever, or epidemic cerebro-spinal meningitis, or after a person suffering with any of these diseases shall have been removed from a room, the room or rooms occupied by such person shall be fumigated with formaldehyde gas by the official fumigator of the Health Department according to the directions of the Board of Health or Health Officer and a charge therefor of $1.25 per room if only one room, or $1.00 per room if more than one room, shall be made against the householder and collected by the official fumigator at the time of fumigation, and turned over to the Sanitary Inspector. When a person suffering with typhoid fever, measles, whooping cough, or acute anterior poliomyelitis has recovered or removed from a room or house, the woodwork in such house or room, shall be thoroughly scrubbed or washed with a 3 per cent solution of compound cresol or other antiseptic solution satisfactory to the Board of Health or Health Officer.

Dairymen.

Sec. 39. That it shall be the duty of every dairyman or other person furnishing milk or milk products to the residents of the City of Asheville, or any

milk -depot, or creamery, after con ferring with every employee, to make a report to the Health Officer once weekly, giving the name and address of every employee connected in any way with the handling of milk or milk products for use, sale or distribution in the City of Asheville, and stating whether or not any employee or any member of any employee's family is sick or has been sick since last report, with any of the diseases mentioned in this ordinance; and such employee having any member of his family sick with either of such diseases shall not work therein until he satisfies the Board of Health or Health Officer that he is conducting and will conduct himself so that he will not become a menace to the health of the people of Asheville and until he receives a certificate in writing from the Health Officer allowing him to return to work.

Sec. 39.-a. In all cases in which the Health Officer shall exercise his discretion as provided in this ordinance, any person interested in such decision may appeal therefrom to the Board of Health, which Board shall hear and determine said appeal within 24 hours from the receipt of notice thereof to the Mayor.

Sec. 40. That any person violating any of the provisions of the foregoing ordinance shall, upon conviction, be subject to a penalty of fifty dollars for each and every such offense.

Sec. 41. That all ordinances and clauses of ordinances in conflict with any of the provisions of this ordinance be, and the same are hereby, repealed.

Sec. 42. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

I move the adoption of the foregoing ordinance.

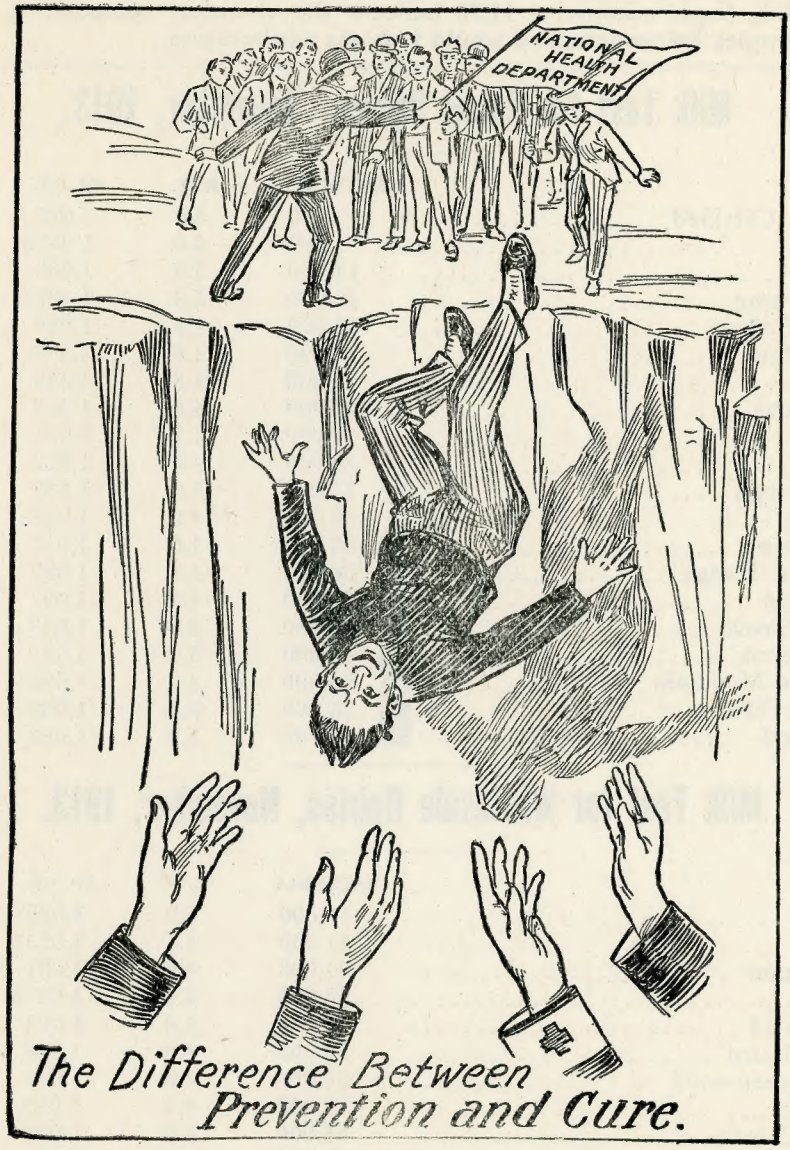
W. L. DUNN.

Approved as to form, November 14, 1913.

S. G. BERNARD,
Corporation Counsel.

These ordinances have been passed first for the protection of the people of Asheville and second so that the necessary quarantine should subject the persons quarantined to as little expense and inconvenience as possible. If all citizens will co-operate with the Health Department the above results will be obtained.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"



Why Not Apply this old Adage to the Prevention of Contagious Diseases?

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep the milk clean.

Butter fat (legal minimum) **3.25**; Specific gavity (legal minimum) **1.029**; Total solids (legal minimum) **11.75** indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

Milk Test for Retail Dairies, November, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Biltmore Certified	700	5.0	1.032	14.2
Biltmore	1,200	6.0	1.0325	15.2
Violet	14,000	5.0	1.030	13.7
Fenner Farm	16,000	5.0	1.0295	13.5
Laurel Springs	18,000	4.2	1.029	12.5
White Pine	20,000	4.6	1.033	13.8
Melrose	23,000	4.8	1.029	13.1
Oak Grove	26,000	4.6	1.033	13.8
Sunset	27,000	4.2	1.034	13.8
Sevier	28,000	4.0	1.029	12.2
Oak Springs	31,000	5.0	1.033	14.4
Woodfin	32,000	4.6	1.032	13.6
Reed Farm	36,000	4.5	1.032	13.5
Mountain Range	36,000	4.4	1.029	12.7
Edgewood	39,000	4.4	1.033	13.7
Locust Grove	41,000	4.6	1.033	13.8
Middlebrook	46,000	5.0	1.034	14.6
Dryman's Mountain	50,000	4.4	1.0325	13.6
Pleasant Hill	55,000	5.4	1.030	14.2
Wildwood	60,000	5.2	1.033	14.6

Milk Test for Wholesale Dairies, November, 1913.

	BACTERIA	B. F.	SP. GR.	T. S.
Sharp	13,000	5.0	1.0298	13.4
Nettles	21,000	4.4	1.0294	12.6
Dillingham	21,000	4.6	1.031	13.4
Swain	23,000	4.6	1.0295	12.8
J. V. Baird	25,000	4.8	1.028	12.9
W. A. Baird	29,000	4.8	1.028	12.9
C. C. Greenwood	32,000	4.6	1.029	12.8
Redmond	32,000	4.2	1.029	12.5
Elmer Carter	35,000	5.0	1.029	13.2
Scarborough	37,000	4.5	1.029	12.7
Griffin	47,000	5.5	1.033	15.0
Calloway	51,000	5.0	1.0285	13.2
Carter Brothers	53,000	4.8	1.029	13.0
O. Baird	66,000	6.0	1.028	14.4